

LifePointe Happenings

Open to Members and the Community.

To register, call 402-481-6300, online at www.bryanlgh.org/calendar

All programs are held at LifePointe, 7501 S. 27th St.

MARCH 2012

Visit us online at BryanLGHLifePointe.com

Nutrition

Get Your Plate in Shape!

Are you tired of eating the same lunch every day? Struggling to avoid the afternoon vending machine urge? BryanLGH LifePointe registered dietitians will teach you how to prepare lunches and snacks that are healthy, quick and easy in these fun cooking classes. Recipes and samples will be provided at each class. Pre-registration required. Cost: \$10 per person per class.



Katie Walz, RD

Healthy Lunches

With Katie Walz, RD

**Thursday, March 8
6-7 p.m.**

Register by: March 6



Jenna Mayers, RD

Healthy Snacks

With Jenna Mayers, RD

**Thursday, March 22
6-7 p.m.**

Register by: March 20

Do you have a family history of diabetes or has your doctor mentioned your fasting glucose is starting to rise?

Mondays, March 5, 12 and 19, 4-5 p.m.

Register by March 2



Jenna Mayers, RD

Often foods we think of as healthy may not be – whether it's due to portion size or hidden carbohydrates and sugars. Being in the know about the foods you choose can help you feel better, maintain or lose weight, and even avoid or delay diabetes and other health conditions. Cost: \$30 for three-class series.

Fitness



Zumba Party!

Friday, March 30, 5:45-7:15 p.m.



Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. Join BryanLGH LifePointe Zumba® instructors for this exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health! Refreshments, prizes and specials! Feel free to dress Latin-inspired! FREE. Pre-registration is required.

Cancer – Mind, Body & Spirit

LifeSpring

April 10-June 28

Tuesdays, 5-7 p.m. and Thursdays, 5-6 p.m.

Register by April 3

A special program for anyone recently diagnosed with cancer. LifeSpring includes mind, body, and spirit aspects to help you “put your life back together.” Research shows LifeSpring participants experience significant improvement in their quality of life, especially in the areas of fatigue, depression, sleep and pain. Classes taught by experts in the fields of exercise physiology, family therapy, dietetics, nursing, pastoral care and art therapy provide education, activities, and modified exercises. Class size limited, pre-registration required. Free. To register, call 402-481-6306.

March Spa Promotion: Sale of the Green
20-25 percent off of your favorite Hempz lotions.

Please stop in to try two new scents:
Vanilla Plum and Citrus Blossom
While supplies last

