

# Weight Loss For Life

Thursdays 6-7pm

Kachmann Auditorium

12/10	Better Health, Better Bones: Bone Health- Abby Burris
12/17	In The Kitchen: Christmas Cooking – Sue Henry
12/24	Christmas Eve: NO CLASS
12/31	New Years Eve: NO CLASS
1/7	New Years Picnic: Bring a healthy dish to start off the New Year – Sue Henry
1/14	Yearly Preventions: Jackie Bercaw
1/21	The Stress Response: How to Maintain a Healthy Lifestyle by Overcoming Stress: Vicki Salzbrun
1/28	Food Additives: What is really in your food? – Abby Burris
2/4	Dangers of the Diet: Jackie Bercaw
2/11	Long Strength Training Demo: Abby Burris
2/18	Sleep Apnea: What is it and whom does it affect? - Jodi Kahlenbeck
2/25	Vegetarian/Vegan: Is it right for you? - Erin Long
3/4	Let's Eat Out- Sue Henry
3/11	In the Kitchen: Quick & Healthy Lunch Ideas - Jackie Bercaw
3/18	Fall Prevention: Diane Martin
3/25	Vitamin D: Are you getting enough? - Jina Lauer