



2009 Education Seminars Shadow Lake Towne Center

All seminars held at Borders book store



Sleep Disorders

Feb. 17, Tues. 6:00 p.m.

Sleeping is not necessarily an easy thing to do, especially in our busy society. However getting a good night's sleep has a positive impact on your health. To learn more, please join Brent Griffin, CRT, RCP with Alegent Health at Home Medical Equipment.

Ageing – What Lies Ahead?

May 19, Tues. 6:00 p.m.

"How old would you be if you didn't know how old you were?" The aging process brings with it some life changes. However, it is more about how you feel than your age. Join Maggie Sweigart, MA, CTRS, exercise physiologist with Alegent Heart and Vascular Institute. She will give insight about what to anticipate with the body, mind, and spirit of aging.

"Are You Smart About Nutrition?"

August 18, Tues. 6:00 p.m.

Toni Kuehneman, MS, RD, LMNT, returns with more nutrition fun facts that make it easier to put a balanced healthy eating plan together for you and your family.

"Keep Life in Balance"

Nov. 17, Tues. 6:00 p.m.

Living life to the fullest is about choices, but sometimes it is hard to know what choices need to be made to stay healthy and happy. Maggie Sweigart, MA, CTRS, exercise physiologist with Alegent Heart and Vascular Institute will share a simple plan that builds on a foundation of activities and ends with coping skills.

Seminars are free. Heart and Sole members are welcome to attend any seminars at any of the locations offered. To register for the Heart and Sole walking program, please go to Alegent.com and click on Heart Classes. Or call 1-800-Alegent.



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