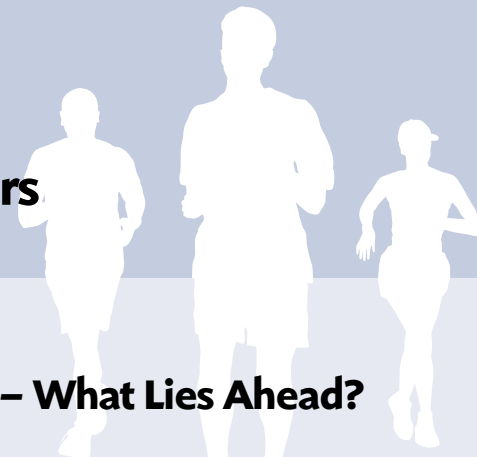




2009 Education Seminars



Sleep Disorders

Jan. 22, Thurs. 9:00 a.m. – Westroads Mall
Feb. 16, Mon. 6:30 p.m. – Mercy Hospital Room A/B
Feb. 17, Tues. 6:00 p.m. – Shadow Lake – Borders
March 18, Wed 6:00 p.m. – Lakeside Hospital Conf. A

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.

Agging – What Lies Ahead?

April 23, Thurs. 9:00 a.m. – Westroads Mall
May 18, Mon. 6:30 p.m. – Mercy Hospital Room A/B
May 19, Tues. 6:00 p.m. – Shadow Lake - Borders
June 17, Wed. 6:00 p.m. – Lakeside Hospital Conf. A

"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?"

July 23, Thurs. 9:00 a.m. – Westroads Mall
August 17, Mon. 6:30 p.m. – Mercy Hospital Room A/B
August 18, Tues. 6:00 p.m. – Shadow Lake – Borders
Sept. 16, Wed. 6:00 p.m. – Lakeside Hospital Conf. A

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"

October 22, Thurs. 9:00 a.m.– Westroads Mall
Nov. 16, Mon. 6:30 p.m. – Mercy Hospital Room A/B
Nov. 17, Tues. 6:00 p.m. – Shadow Lake – Borders
Dec. 9, Wed. 6:00 p.m. – Lakeside Hospital Conf. C

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.

Heart and Sole seminar locations:

Westroads Mall – Upper level family lounge, across from Scooters
Mercy Hospital – Class Room A/B
Shadow Lake Towne Center – Borders Book Store
Lakeside Hospital – Swanson Center Conference Rooms

Seminars are free. Heart and Sole members may attend seminars at any of the locations listed. 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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