

Health Promotion Programs

PROGRAMS OFFERED	DETAILS
Group Lifestyle Balance (full)	1 yr (1x/wk x 12 weeks, then every other wk x 2 mos, then 1x/mo x 6 mos)
Group Lifestyle Balance DVD*	Meet 1x/mo x 4 (individuals self study the materials provided) There are 6 and 12 month follow up sessions.
Yoga	Meets every Tuesday 1200-1245 in the Pediatric GME Conf room (TN-122) Mats provided, but we recommend you bring your own if you have it. **
Stress Management/Healthy Thinking	1 hour sessions TBA (usually quarterly) 11-12 Pediatric GME Conf rm (TN-122)
Relaxation	Three 1 hour relaxation sessions teaching deep breathing, progressive muscle relaxation, using music in relaxation, aroma therapy and more.
Walking Groups	Meets in the AM on T/Th and Afternoons on T/Th (times TBA)***
Indoor Cycling (Spin)	M, W, F 0530-0630
Tobacco Cessation	Meets 1x/wk x 4wks further Info TBA

* Core info encouraging **Healthy Lifestyle Change** (GLB compressed) meets in one 2 hour session (or two 1 hour if needed) with handouts, booklets, 1:1 support if needed)

** Can bring 1 (30-45min) yoga class to your area as a demo (no mats would be available so people can bring their own or use a beach towel)

***Walking groups require sign up of at least 10 people but if we have less than 5 consistently showing up we will cancel after 3 times with less than 5 walkers. People may walk on their own and continue counting and reporting steps, and the "Challenge" itself will continue. However, staff will not be able to facilitate the group. Re-evaluation with renewed participant commitment can occur at any time.

****Additional health topics available for briefing as a "Lunch n Learn" format, upon request. (2 weeks advance notice required on all requests)

*****Additional specialty topics: Pediatric related topics, Parenting tips, etc.