



October Wellness Classes

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General Wellness 104 (GW104)

Clinical Topics

Vitamin D is an important part of a healthy diet and lifestyle. Come find out more about this and other clinical wellness topics. GW104 will be presented by a member of our Clinic Staff.

Sessions	Day	Date	Time	Bldg	Room
1 (once)	Thu	Oct 08	11am - Noon	B4S	2419
1	Thu	Oct 15	11am - Noon	B30A	Aud
1	Thu	Oct 15	Noon - 1pm	B30A	Aud
1	Thu	Oct 22	11am - Noon	B16	253

Fitness 104 (FT104)

Resistance Training for an Aging Population

Describes and explains the role of aging in fitness, aerobic vs. muscle fitness, health benefits of resistance training, age-related myths (injuries, hypertrophy, fast twitch effect), contraindications/limitations, guidelines, combining resistance with aerobic training, nutritional considerations

Sessions	Day	Date	Time	Bldg	Room
1 (once)	Tue	Oct 06	11am - Noon	B4N	2025
1	Tue	Oct 06	Noon - 1pm	B4S	2419
1	Tue	Oct 13	11am - Noon	B30A	Aud
1	Tue	Oct 20	11am - Noon	B15	131

Stress Management 104 (SM104)

Stress Management for Transitions

Life is filled with change, and with transition, stress often comes along for the ride. In this workshop we will cover how to recognize and manage transition stress, ways to protect and insulate yourself from stress, and how to become more resilient during times of change. We will offer resources and a 3-step plan for pragmatically preparing for and navigating change.

Sessions	Day	Date	Time	Bldg	Room
1 (once)	Wed	Oct 07	11am - Noon	B4N	3065
1	Thu	Oct 08	Noon - 1pm	B4S	2419
1	Wed	Oct 14	11am - Noon	B30A	2090
1	Wed	Oct 21	11am - Noon	B16	253

Behavior Change 104 (BC104)

Behavior Change for Inactivity

Physical activity plays a significant role in disease prevention and health. Leisure time physical activity has decreased in our nation and obesity is on the rise. Learn more about how inactivity can impact your life and what you can do to reduce your risk. Let us help you get up, get out and get moving in a healthy direction.

Sessions	Day	Date	Time	Bldg	Room
1 (once)	Wed	Oct 07	Noon - 1pm	B4N	3065
1	Tue	Oct 13	Noon - 1pm	B30A	Aud
1	Wed	Oct 14	Noon - 1pm	B30A	Aud
1	Wed	Oct 21	Noon - 1pm	B16	253

Special Topic: Just Lose It - 12 Week Onsite Class

Just Lose It is a twelve week personalized fitness and nutrition program. Learn how to drop the weight and keep your confidence through this holiday season! Just Lose It will coach and counsel you through the ups and downs of fitness and nutrition in a program tailored for you.

This is a fee-based class with a refund incentive for completion. The fee is \$100 payable by check only at the Gilruth Front Desk. Please contact Rebekah Hart for more details at x36770.

Enrollment ends Oct 23rd. Payment must be received at the Gilruth Front Desk to confirm enrollment in this class.

Sessions	Day	Date	Time	Bldg	Room
12	Wed	Oct 28 - Jan 27	11 - 11:40am	45	451
No class: 11/25 or 12/23					

Nutrition 104 (NT104)

Postponed until later this year. Will be offered as part of our Nutrition Intervention Program (NIP) classes. Please check the Nutrition Homepage later this month.