

NEW YEAR, NEW YOU

The DMH Wellness Center offers programs for your health.



January
2012

FREEDOM FROM SMOKING

Let us help you quit smoking! Our American Lung Association trained facilitators can help smokers identify their addiction and provide ways to break their habit. The program consists of seven weekly classes with one additional class held in week four.

Begins Tuesday, Jan. 10 at 5:30 p.m. \$20 Fee
Please call 217-876-4249 to register.

MAKING YOUR RESOLUTIONS A REALITY

Have you made resolutions that only lasted briefly or made minimal impact? Do you have a clear vision of your goals but struggle to achieve them? This class will assist you in developing realistic steps for successful, lasting change.

Wednesday, Jan. 11 at 5:30 p.m.
FREE class.
Call 876-4249 to register.

 For more information, call 217-876-4249

 Find the DMH Wellness Center on facebook

PRE-DIABETES PROGRAM

Learn how to prevent or delay the progression of pre-diabetes to type-2 diabetes by making healthy lifestyle changes. \$60 for six-week program.

Begins Wednesday, Jan. 11 at 4 p.m.
Call 876-4249 to register.

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

Participants can learn how to manage diabetes in this American Diabetes Association accredited program.

DAY CLASS SERIES

Class 1 Jan. 12 & 26 • Noon-4 p.m.
Class 2 Jan. 13 & 27 • Noon-4 p.m.
Class 3 Jan. 4 • 2-3 p.m.

A physician referral is required.
Call 876-4249 for more details.

ADULT WEIGHT MANAGEMENT ORIENTATION

Learn about three different weight management programs offered through the DMH Wellness Center.

Friday, Jan. 6 • 11 a.m.
Monday, Jan. 9 • 5:30 p.m.
Friday, Jan. 20 • 11 a.m.
Monday, Jan. 23 • 5:30 p.m.
FREE Orientation
Call 876-4249 to register.

GROCERY STORE TOUR

Walk through various sections of the grocery store with a registered dietitian to learn important tips for healthy shopping.

Friday, Jan. 13 • Noon - 1 p.m.
\$10 fee
Registration is required, call 876-4249

MANAGING COMPULSIVE EATING

Do you sometimes feel out of control with food, or feel guilty and ashamed of your eating behaviors? If so, this six-week series offers the skills and information to help you gain insight into these behaviors.

Begins Wednesday, Jan. 25 at 5 p.m.
FREE class
To register call 876-4249.

NUTRITION MYTHS DEBUNKED

Are all carbs bad? If I eat after 8 p.m. will I gain weight? Discover the answers to common nutrition myths in this eye-opening class.

Friday, Jan. 27 at 8 a.m.
FREE class
Call 876-4249 to register.

GROUP EXERCISE CLASSES

The DMH Wellness Center offers group exercise classes such as water aerobics, yoga and circuit training.

Call 876-4249 for class times and registration.

WELLNESS COACHING

Work with a personal wellness coach to learn how to make healthy changes in your life.

For more details on Wellness Coaching, call 876-4249.



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