Knowledge is Power!

Improve your know-how for living well and taking action against heart disease, diabetes and other chronic illnesses.

How do I lower my risk of heart disease?
What is the mind-body connection? Does it affect my health?
What should I eat to maintain my health?
How do I prepare easy, healthy, delicious meals?

How much and what kind of exercise do I need?
How do I design my own exercise program?
Can I prevent or reverse diabetes?

Register now to enroll in one or all three of the following classes taught by Sutter Health physicians and health practitioners. Each class covers two topics:

**HEALTHY HEARTS, HEALTHY CHOICES**

**Tuesday, February 2, 2016, 9am–12 noon**

**Presented by:** Thomas G. Quinn, MD & Wendy Buffett, MD

**Heart Healthy at Any Age**
- Understand your current cardiovascular health status and how it can be improved.

**Healthy Choices: A Natural Approach to Optimal Nutrition**
- What are the healthy choices we can make to sustain ourselves.
- How can new areas of research influence our menus.

**LET’s GET MOVING, LET’s GET COOKING!**

**Wednesday, February 24, 2016, 9am–12 noon**

**Presented by:** Michelle Gordon-Canning, PAC, CPT, CES & Lizette Marx, NC

**Move & Feel Better! Discovering Health & Vitality Through Exercise**
- Learn why physical fitness leads to health & vitality.
- Includes a step-by-step process to create a successful exercise program.

**Upgrading Your Kitchen Workout**
- How to take stock of your kitchen pantry.
- The top 10 foods you want to have on hand.
- Cooking demo: How to transform salads from a light dish to a main dish.

**DIABETES AND HEART HEALTH**

**Wednesday, March 9, 2016, 9am–12 noon**

**Presented by:** Jan Diamond, MD, MPH & Thomas G. Quinn, MD

**Diabetes Prevention & Management**
- What is pre-diabetes.
- The role of abdominal fat & microbiomes: fat cell "hormones".
- Obesity: Diet strategies that work.

**Building a Heart-Healthy Lifestyle**
- Understand the mind/body connection and its relationship to health and wellness.
- Plan your journey toward a healthy lifestyle.

**TO REGISTER:**
Copy or type http://alameda.netkeepers.com/TPOnline/TPOnline.dll/Home into your web browser

After Log-in, click on: Course Catalog/Countywide/Current Course Offerings/ and scroll down to the selected class(es).

Class attendance requires supervisor approval. For questions regarding registration, contact the Training & Education Ctr. at (510) 272-6467. For program information contact the Employee Wellness Program at (510) 271-5190.