



Title: The Shape of a Healthy Diet

Date: Sep 16 2009 12:00PM

Presenter: Marc McCulley, Activate Upstate Director

Location: Caine Halter Family Branch YMCA

Learn how to achieve optimum health and well-being through balance, variety, and moderation. Discussion topics will include current trends in nutrition and simple strategies to maintain a healthy and enjoyable diet for life. Call 864-242-1111 Ext. 59 for directions.

Title: Exercise At Home - Equipment Free Workouts!

Date: Sep 17 2009 12:00PM

Presenter: Kathleen McCombs, BS, ACE

Location: Life Center Health & Conditioning Club

Get a great workout at home using everyday items in your household. 875 West Faris Road, Greenville, SC 29605 (864) 455-4231

Title: Starting an Effective Exercise Program

Date: Oct 15 2009 2:00PM

Presenter: Jason Fort, Wellness Director

Location: George I. Theisen YMCA

Learn simple techniques to maximize your exercise results in a minimal amount of time. Discussion topics will include common misconceptions about exercise and techniques to make your aerobic, resistance, and flexibility training more effective and enjoyable. Call 864-242-1111 Ext. 59 for directions.

Title: Phytonutrients

Date: Oct 22 2009 12:00PM

Presenter: Crystal Robinson, MS, RD, LD

Location: Life Center Health & Conditioning Club

Bring your lunch and learn just what phytonutrients are, the role they play in prevention of disease and how to increase your intake. 875 West Faris Road, Greenville, SC 29605 (864) 455-4231

Title: **Navigating the Supermarket**

Date: Nov 19 2009 6:30PM

Presenter: Lisa Elmore, Wellness Director

Location: Eastside YMCA

Are you baffled by food labels? Learn how to navigate each department in the supermarket to find the healthiest and most delicious choices. Call 864-242-1111 Ext. 59 for directions.

Title: **Holiday Recipe Makeovers**

Date: Nov 19 2009 12:00PM

Presenter: Crystal Robinson, MS, RD, LD

Location: Life Center Health & Conditioning Club

Holiday recipe favorites made healthier. Bring your favorite recipe in for a "lite" makeover! 875 West Faris Road, Greenville, SC 29605 (864) 455-4231

Title: **Food and Disease**

Date: Dec 10 2009 6:30PM

Presenter: Lisa Elmore, Wellness Director

Location: Eastside YMCA

Are you concerned about high blood pressure, high cholesterol, diabetes, or cancer? Learn how to reduce your risk of chronic diseases through daily lifestyle changes. Discussion topics will include basic disease overviews, common misconceptions, and practical lifestyle changes you can make to reduce your risk. Call 864-242-1111 Ext. 59 for directions.
