



Group Programs - Winter 2011

Please talk to any member of your health care team
If you are interested in any of these programs!



Category	Group/Session	Purpose	Dates	Contact Person
Cholesterol	Healthy Eating for Your Heart	To learn how to improve cholesterol and blood pressure levels with dietary strategies	Choose one of: Thursday January 20 Thursday February 17 Thursday March 24 6-7:30 PM	Michele
Infant/Toddler Eating	Tips for Toddlers	To answer your infant and toddler feeding questions	Choose one of: Thursday, February 17 th Thursday, March 31 st 9-11 AM	Michele
Weight management	Vitality Program	To learn how to eat well, be active, and improve body weight and self esteem	Mondays 5-6 PM January until March	Michele
Diabetes	Nutrition 101 for Diabetes	To improve blood glucose using the Diabetic Food Guide	Choose one of: Tuesday, February 1 st 6-8 PM Tuesday, March 1 st 6-8 PM	Michele
Mental Health	Generalized Anxiety Group	To learn tools for coping with anxiety	Starting Thursday, January 20 th x 8 weeks 6:00 - 8:00pm	Lynn
	Female Adolescent Self Esteem Group	Develop communication skills, deal with bullying, and learn goal setting	Starting Thursday, February 10 th X 6 weeks 4:00-5:30pm	Lynn
	Communication Skills Group	Develop confidence in being assertive, asking questions, and setting boundaries	Starting Friday, February 4th x 4 weeks 1:30-3:30pm	Lynn
	Generalized Anxiety Group	To learn tools for coping with anxiety	Starting Friday, March 4 th X 8 weeks 1:30 - 3:30pm	Lynn