

BeWise™ Classes 2012

All classes are **Free**
at the Utah County
Health Department

151 South University Avenue
Provo, UT



**Diabetes,
Blood Pressure,
Cholesterol and Weight Loss Classes**

These classes are taught by a health educator.

You will learn what these problems are, and how to improve your life with healthy lifestyles.

Cooking or Nutrition Classes



This class is taught by a nutritionist assistant from the USU extension office.

You will learn about the specific nutrition topic of the day, and will learn to cook a healthy recipe which all will get to taste.

Zumba Classes

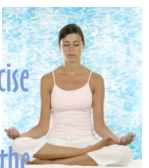


This class is an exercise class taught by a Zumba instructor.

Zumba is a type of aerobic dance that incorporates hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves.

Please consult with a doctor before starting any type of exercise.

Yoga Classes



Yoga is a holistic exercise system that stretches the body and renews the mind. Please consult with a doctor before starting any type of exercise.

For information call:
(801)851-7031/ 851-7092

January

11th, at 11:00 am
"DIABETES:
do's and don'ts"

18th, at 6:00 pm
"Stress management Yoga"

25th, at 10:00 am
"Cooking Class"
"My plate: balancing Food and
physical activity"

February

8th, at 11:00 am
"BLOOD PRESSURE:
your heart matters"

15th, at 6:00 pm
"Zumba"

29th, at 10:00 am
"Cooking Class"
"Food safety: cooking to prevent
food borne illnesses"

March

7th, at 11:00 am
"CHOLESTEROL: taking
control of your numbers"

14th, at 6:00 pm
"Restoration Yoga"

28th, at 10:00 am
"Cooking Class"
"Getting more fruits and veggies"

April

4th, at 11:00 am
"WEIGHT LOSS:
one pound at a time"

18th, at 6:00 pm
"Zumba"

25th, at 10:00 am
"Cooking Class"
"Make 1/2 of your grains whole"

May

9th, at 11:00 am
"DIABETES:
do's and don'ts"

16th, at 6:00 pm
"Yoga for a healthy heart"

30th, at 10:00 am
"Cooking Class"
"Getting your calcium rich foods"

June

6th, at 11:00 am
"BLOOD PRESSURE:
your heart matters"

20th, at 6:00 pm
"Zumba"

27th, at 10:00 am
"Cooking Class"
"Menu Planning & Shopping"

July

11th, at 11:00 am
"CHOLESTEROL: taking
control of your numbers"

18th, at 6:00 pm
"Pain relief Yoga"

25th, at 10:00 am
"Cooking Class"
"Go Lean with Protein"

August

8th, at 11:00 am
"WEIGHT LOSS:
one pound at a time"

15th, at 6:00 pm
"Zumba"

29th, at 10:00 am
"Cooking Class"
"Watch your fats, sugar & salt"

September

5th, at 11:00 am
"DIABETES:
do's and don'ts"

12th, at 6:00 pm
"Relaxation Yoga"

26th, at 10:00 am
"Cooking Class"
"My plate: balancing Food and
physical activity"

October

10th, at 11:00 am
"BLOOD PRESSURE:
your heart matters"

17th, at 6:00 pm
"Zumba"

24th, at 10:00 am
"Cooking Class"
"Make 1/2 of your grains whole"

November

7th, at 11:00 am
"CHOLESTEROL: taking
control of your numbers"

14th, at 6:00 pm
"Yoga for everybody"

28th, at 10:00 am
"Cooking Class"
"Getting your calcium rich foods"

December

5th, at 11:00 am
"WEIGHT LOSS:
one pound at a time"

12th, at 6:00 pm
"Zumba"

19th, at 10:00 am
"Cooking Class"
"Menu Planning & Shopping"