

THE Healthy Weigh

JULY–DECEMBER 2017

WMU employees are invited to join this informative, interactive class:

The Healthy Weigh educates participants on how to achieve health and wellness goals through mindful nutrition, physical activity and behavior change strategies. Classes are taught by a Registered Dietitian and guest speakers and meet over the course of five months and are designed to be informative, motivational, and supportive.

- Provides education, personal attention and peer support
- Ten Tuesdays from July through December
- Meets at Sindecuse Health Center, room 3131, from 12:05 to 12:55 p.m.
- No cost to participate

Meeting days:

July 25
Aug. 1, 8, 15, 29
Sept. 12, 26
Oct. 10
Nov. 7
Dec. 5



Register now, don't wait:

Call (269) 387-3263 to schedule a one-on-one consultation with Gretchen Kauth, RD at Sindecuse Health Center to join the class. Attendees do not need to be a registered Western Wellness program participant. Visit wmich.edu/wellness for more information.

There's still
time to register.
**New
start date:
JULY 25**

W Sindecuse
Health Center
WESTERN MICHIGAN UNIVERSITY

Western
Wellness
Empowering Employees

Please post until July 24.