

McKenzie Memorial Hospital  
*presents*

# Healthy Living

FORUMS

In cooperation with

Thumb Steps Up  
Sanilac County Health Department  
Sanilac County MSU Extension

Come Learn about Healthy Living with us! Attend 1 or all!

**FREE  
EXERCISE  
BANDS & PEDOMETERS  
WHILE SUPPLIES LAST**

13 & older can register.  
Monthly prizes too!

### Where:

McKenzie Health and Wellness Center  
170 Argyle St, Sandusky  
\*unless otherwise indicated

### Times:

Presentations at 5:30 PM  
@ McKenzie Health & Wellness Center

January & November classes  
have free body fat analysis &  
\$5 Lipid/Cholesterol test available.

All welcome -  
parents and their children,  
young and old alike.

The Physical Therapy Walking Track  
is open to participants Mon-Fri 5-7pm  
but participants may walk anywhere  
their feet would like to go!

For further information or to register  
beginning January 2, 2008 call:

**810-648-6137**

## Schedule

**1/28/08**

**Fit for Winter - Tone and Tighten**  
Jenny Long, Physical Therapist

**2/25/08**

**Your Stomach is as Big as Your Fist.  
How much is on your plate?**  
Charlene Biessel, Registered Dietician

**3/24/08**

**Arthritis - It's No Excuse Not to Move**  
Louise Blasius, LMSW

**4/28/08**

**5:30 p.m. - Good Fats/Bad Fats**  
**6:00 p.m. - The Basics of Self Defense**  
Walt Lubeckyj, Nutrition & Food Services  
Director, McKenzie Memorial Hospital

**5/19/08**

**Get Fit for Cheap**  
Lucinda Smith, Sanilac County Health Department

**6/23/08**

**A Practical Approach Using  
the New Food Pyramid**  
Shelly Brown, MSU Extension

**7/28/08**

**Tone Your Tummy**  
Jason Mausolf, P.T. Aide, Deckerville Hospital

**8/25/08**

**Fast Food Choices**  
Walt Lubeckyj, Nutrition & Food Services  
Director, McKenzie Memorial Hospital

**9/22/08**

**Introduction to Yoga**  
Cheryl Rathsmussen, Yoga Instructor

**10/27/08**

**Smart Recipes for the Holidays**  
Walt Lubeckyj, Nutrition & Food Services  
Director, McKenzie Memorial Hospital

**11/24/08**

**Learn the Basics of Chair Massage**  
Nancy Cosenza, Massage Therapist

**12/15/08**

**The Food-Stress Connection**  
Shelly Brown, MSU Extension

This  
Thumb Steps Up  
Project is FREE!