



Local community and hospital speakers

45 minutes — \$150

ADVANCED CARE PLANNING — FREE CLASS

- | Advanced Care Planning

ASTHMA

- | Asthma & Allergies
- | Breath Easier - Tips on Asthma

CARDIO

- | Are you at risk for Hypertension
- | Cardio Aerobic
- | Cholesterol Drugs: Good, Bad, or not for you
- | Heart Health
- | Preventing Diabetes
- | Preventing High Blood Pressure
- | Preventing High Cholesterol
- | New Diabetes Diagnosis
- | Understanding Heart Disease

CANCER

- | Breast Cancer Diagnosis
- | Skin Cancer - What we need to know
- | What's New in Breast Cancer

EXERCISE TOPICS

- | Exercises at the Desk
- | Exercising for Life
- | Fitting in Exercise and Developing an Exercise Routine
- | My Aching Back
- | Neck and Shoulder Health

- | Staying Mobile in the Workplace
- | Starting an Exercise Routine

EXERCISE CLASSES (\$50 Per Class)

- | Strength Training Boot Camp
- | Boot Camp
- | Pilates
- | Tai Chi
- | Yoga
- | Functional Training
- | Modified Exercise for Special Populations

HEALTH WISE LECTURE

FREE WITH PURCHASE OF BOOKS

HEALTHY AGING

MENTAL HEALTH

- | Emotional Eating
- | Integrative Approaches to Depression
- | Stress in the Workplace
- | Stress Management

MOTIVATIONAL

- | Making the Rest of your Life the Best

NUTRITION

- | Anti-Inflammatory Foods
- | Balancing Your Macro Nutrients
- | Benefits of Building Muscle

- | Choosing Sustainable Diets
- | Healthy Cooking Demo*
- | Healthy Eating
- | The Hidden Facts About Sugar
- | Nutrition & Healthy Eating in Spanish
- | Probiotics and your Digestive Health
- | Recipe Makeovers — How to Lighten up your Meals
- | Smart Goals for Weight Loss
- | Selecting Nutritional Supplements
- | Weight-Management
- | Whole Health- Finding Balance
- | Whole Nutrition

SLEEP

- | Integrative Approaches to Insomnia
- | Sleep Apnea

WOMENS HEALTH

- | Understanding Menopause



Community Hospital
of the Monterey Peninsula
Montage Health

Worksite Wellness

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