



# Health Education Department

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# October

2021

Registration is required

Schedule is subject to change

*On-Line Class Schedule*



Breast Cancer Awareness

Mon	Tue	Wed	Thu	Fri
				1
4	5 2:00 Getting Ready for Spine Surgery	6 2:00 Baby and Me 1	7 10:00 Diabetes Basics	8
11	12 2:00 Getting Ready for Joint Replacement	13 10:00 Bariatric Weight 2:00 Baby and Me 2	14 10:00 Getting Ready to Quit: Smoking Cessation 2:00 Healthy Weight for <i>Life</i>	15
18	19 2:00 Diabetes Basics	20 2:00 Getting Ready for Spine Surgery	21 2:00 Healthy Heart	22 10:00 Safe Today, Healthy for <i>Life</i> : Fall Prevention
25	26 10:00 Weight Follow Up (Exercise)	27 1:00 Empowered Relief (Pain Management)	28 2:00 Weight Follow Up (Exercise)	29

**Health Tip: Breast self-exams, clinical breast exams and mammograms are the best early detection tools.**