

HEALTH & WELLNESS CLASS

This class will cover various areas of wellness, including physical, emotional, intellectual, spiritual, interpersonal and environment wellness. Take charge of your health. Join us for one or all 14 sessions listed below, as we focus on understanding health issues and how wellness can be achieved through a change in behavior.

The following topics will be presented:

Session 1:	September 15	Understanding Wellness
Session 2:	September 22	Stress-The Constant Challenge
Session 3:	September 29	Psychosocial Health
Session 4:	October 6	Relationships and Communication
Session 5:	October 13*	Abusive Behaviors; Drug, Alcohol & Tobacco Abuse
Session 6:	October 20	The Challenge of Aging
Session 7:	October 27	Nutrition Basics
Session 8:	November 3	Exercise for Health & Fitness
Session 9:	November 10*	Weight Management
Session 10:	November 17	Pulmonary Disease
Session 11:	November 24	Cardiovascular Disease
Session 12:	December 1	Cancer 101
Session 13:	December 8*	Immunity and Infection
Session 14:	December 15	Complementary and Integrative Medicine

All classes are free of charge and offered through a partnership with Santiago Canyon College Continuing Education. Guest speakers will be included in the curriculum.

When: Every Tuesday from September 15 – December 15
6 – 8 p.m.

Where: The Center for Cancer Prevention and Treatment at St. Joseph Hospital
Todos Conference Center
*Radiation Oncology Conference Room
1000 W. La Veta Ave.
Orange, CA 92868

Register: Please call 714-734-6294
Registration is required

www.sjo.org



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