

LIFESTYLE MEDICINE FOCUS: Nutrition



Quarter 4 is focused on nutrition. Please join us for virtual educational opportunities, challenges and more that will help you develop lifelong, healthy habits. All presentations are at 5:30 PM unless otherwise noted.

Date	Class	Speaker
Tuesday, October 3	Small Changes, Better Nutrition	Christine Arvin, RDN
Monday, October 16 at 6 p	Movement and the Aging Brain	Dr. Cyndi Speelman, MD
Tuesday, October 24	Holiday Food Survival	Christine Arvin, RDN
Tuesday, November 7	Maximize Brain Health with Food	Dr. Cindy Myers, DHSc
Tuesday, November 21	Gut Bacteria	Dr. April Johnson, MD
Tuesday, November 28	Break the Emotional Eating Habit	Christine Arvin, RDN
Tuesday, December 5	Gardening 101	Nick Galley, MPH

Pre-registration is required at HENDRICKS.ORG/EVENTS to ensure class minimums are met. Additional class details may also be found by visiting the site.

Questions? Please call the Hendricks Regional Health Lifestyle Medicine Team at (317) 718-8160 or emailwellness@hendricks.org. For text reminders of upcoming wellness events, please text #bewell to 833-311-3459.

