

HEALTH & WELLNESS SEMINARS

The City of Cape Girardeau Parks and Recreation Department hosts a monthly FREE Health & Wellness Seminars to educate the community on a variety of Health & Wellness topics. With TV, internet and he-said, she-said, health topics can be confusing! Come learn from local professionals to get accurate information and ask questions to get a better understanding to take charge of your health today! All are welcome!

Seminars have no charge (unless otherwise noted). Please pre-register to hold your spot!

**Seminars are held the 2nd Thursday of each month at the Osage Centre,
1625 N Kingshighway Cape Girardeau**

UPCOMING 2016 TOPICS

August 11 Diabetes & Metabolic Syndrome 5:30 pm—6:15 pm

Come join us as we discuss with Dr. Jered Wayland how Diabetes and Metabolic Syndrome is one of the fastest growing diseases in America. One out of every 3 children born today in the United States are expected to become diabetic at some point in their life. Come learn the Causes of and Safest, Most Effective methods to apply to your life to PREVENT, CONTROL, and ELIMINATE it! This information will contain vital data that will help save your life or the life of someone you love.

September 8 What Type of Shoe Should I Wear? 5:30 pm—6:15 pm

MO Running Company will be going over the correct shoes you need to fit you and your needs. There are endless options of shoes and now you can find out what type you need to prevent injury and get the most of your shoes. We will also cover foot mechanics and running-related injuries! Don't miss it!

October 13 Fall Harvest Cooking Demo 5:30 pm—6:15 pm

Looking for healthier cooking options this Fall? Join SEMO Academy of Nutrition and Dietetics in learning some of the great secrets to stay healthy this fall and prepare healthy dishes for your family! Turn your plate into a colorful nutritious meal by the end of this seminar! We may even need some taste testers! :)

November 10 Adrenal Glands Causing Weight Gain? 5:30 pm—6:15 pm

Come join us as Dr. Wayland teaches us about our Adrenal Glands, how they affect our weight loss/ gain and our energy levels. Did you know they also affect many other areas such as sleeping and our well-being?

December 8 Combat the Christmas Calories 5:30 pm—6:15 pm

Join registered dietitian, Amanda Bruenderman, and learn strategies to avoid gaining unwanted weight, as well as tips on building a healthy holiday menu!

January 12 New Year, New You: Shopping Trip 5:30 pm—6:15 pm

Join registered dietitian, Amanda Bruenderman on a Healthy Shopping Tour! Join us at Schnucks to learn how to pick out the right foods to keep you and your family healthy this New Year!

Please register by calling Christine Paige, Fitness & Wellness Coordinator
at (573) 339-6604

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