

NHRMC Healthy Lifestyles Plan

Special Guest Presentations 2018

Required to attend ONE presentation each year

Special Guest Presentations		
2/22/2018	2018 Healthy Lifestyles Plan Program Overview <i>Presented by: Healthy Lifestyles Plan Team</i>	NHRMC Auditorium (CF South/Business Center/Pender Video Conference) 11:30 AM-12:30 PM
3/22/2018	Healthy Weigh Healthy Life <i>Presented by: Healthy Lifestyles Plan Team</i>	NHRMC Auditorium (CF South/Business Center/Pender Video Conference) 5:30 PM-6:30 PM
4/25/2018	Breaking Unhealthy Habits for a Healthier Lifestyle <i>Presented by: John McGrogan</i>	NHRMC Auditorium (CF South/Business Center/Pender Video Conference) 5:30 PM-6:30 PM
5/14/2018	Ornish Model & Healthy Lifestyles at NHRMC <i>Presented by Jeff Soukup and Team</i>	NHRMC Auditorium (Pender Video Conference) 11:30 AM-12:30 PM
June 2018	No class this month	Enjoy the summer
7/10/2018	Managing Stress through a Healthier Lifestyle <i>Presented by: John McGrogan</i>	NHRMC Auditorium (CF North/Business Center/Pender Video Conference) 5:30 PM-6:30 PM
8/15/2018	Healthy Lifestyle for Healthy Eyes <i>Presented by: Dr. Rasika Whitesell</i>	NHRMC Auditorium (CF North/Business Center/Pender Video Conference) 11:30 AM-12:30 PM
9/06/2018	Container Gardening/Harvest Gardening <i>Presented by: David Brenner</i>	NHRMC Auditorium (CF South/Business Center/Pender Video Conference) 5:30 PM-6:30 PM
10/9/2018	Hearing Loss and Your Health <i>Presented by: Thomas Malenfant</i>	NHRMC Auditorium (CF North Video Conference) 11:30-12:30 PM
11/6/2018	Healthy Lifestyles Plan Testimonials	NHRMC Auditorium (CF North/Business Center Video Conference) 11:30-12:30 PM
December 2018	No class this month	Happy Holidays