

Medical Analysis Mini Health Classes 2011



HYPERTENSION- (30 minutes)- Class defines/explains the causes of high blood pressure and how to manage and prevent further complications.
DATE: March 9th at 12:00 pm

HIGH CHOLESTEROL- (30 minutes)-Class explains the danger of high cholesterol, and the ways to prevent and manage it.
DATE: March 22nd at 12:00 pm

NUTRITION & EXERCISE- (30 minutes)-Discusses healthy lifestyle changes and the importance of a healthy diet and exercise. It also shows how weight loss can impact and improve one's well-being with exercise.
DATE: April 19th at 12:00 pm



BREAST SELF CARE- (30 minutes) -Class provides techniques for self-breast exams. **DATE:** April 5th at 12:00 pm

PRE-REGISTRATION REQUIRED by right clicking on hyperlink below: