



## WESTROADS



### Heart and Sole Educational Seminars 2009

\*\*Location is Upper Level - Family Lounge across from Scooters\*\*

#### **Sleep Disorders**

Jan. 22, Thursday 9:00 AM

Sleeping is not necessarily an easy thing to do, especially in our busy society. However getting a good night's sleep has a positive impact on your health. To learn more, please join Brent Griffin, CRT, RCP with Alegent Health at Home Medical Equipment.

#### **Aging – what lies ahead?**

April 23, Thursday 9:00 AM

“How old would you be if you didn't know how old you were?” The aging process brings with it some life changes. However, it is more about how you feel than your age. Join Maggie Sweigart, MA, CTRS, exercise physiologist with Alegent Heart and Vascular Institute. She will give insight about what to anticipate with the body, mind, and spirit of aging.

#### **“Are you SMART about Nutrition?”**

July 23, Thursday 9:00 AM

Toni Kuehneman, MS, RD, LMNT, returns with more nutrition fun facts that make it easier to put a balanced healthy eating plan together for you and your family.

#### **“Keep Life in Balance”**

October 22, Thursday 9:00 AM

Living life to the fullest is about choices, but in our busy society it is hard to actually know what choices need to be made to stay healthy and happy. Maggie Sweigart, MA, CTRS, exercise physiologist with Alegent Heart and Vascular Institute will share a simple plan that builds on a foundation of activities and ends with coping skills.

To register, please go to [Alegent.com](http://Alegent.com), click on Classes/Events, Heart Classes and Heart and Sole Walking Program, or call 1-800-Alegent (1-800-253-4368)



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