



**Ascension**

**Make 2023, your year of health! Let Ascension Southeast Michigan Community Health help!**

For more information and to register for programs, call us at **248-849-5752** or go to <https://healthcare.ascension.org/events>. Most of the classes are virtual or in person where indicated. You must have Internet access and the use of a computer or tablet for virtual classes. Use of smartphones is only available for lectures. All classes have no out of pocket expense. We reserve the right to cancel a series if minimum attendance is not maintained throughout the series.

We look forward to seeing you in one of the classes! Please feel free to copy and share with your friends and community.

**Diabetes Prevention Program**

Join us for a virtual group-based, structured lifestyle change program for people who are at risk or have pre-diabetes. The diabetes prevention program is a year-long program which focuses on lasting lifestyle changes like regular physical activity, healthy eating, weight loss, and stress management. The program meets for 16 weekly sessions and then 6 monthly follow-up sessions. This program helps you make lifestyle changes to reduce your risk for type 2 diabetes. You must have risk factors or a diagnosis of prediabetes to meet the class requirements. Pre-diabetes can be diagnosed by your physician or you can take the self-screening test at <https://doihaveprediabetes.org/take-the-risk-test/#/>. If you have a diagnosis of type 2 diabetes you will not qualify to attend and we recommend our Conversations in Diabetes.

[Thursday January 19, 2023, 1-2 p.m. EST \(virtual class\). Last class 12/14/2023](#)

[Tuesday, March 14, 2023, 1-2 p.m. EST \(in person class\). Last class 3/12/2024.](#)

**Conversations in Diabetes-virtual**

This is an eight-week virtual workshop. The road to managing your diabetes! Similar to planning a trip on the road in which we use maps and directions, we also need a "road-map" to make sense out of managing diabetes. Learn simple steps to get control of your diabetes.

[Monday, Feb 6, 2023 - Mar 27, 2023, 11 a.m.-noon EST](#)

**Healthy Habits-virtual**

Join us to learn how to change to a healthy lifestyle. This three-week virtual workshop is designed to improve your physical, emotional and spiritual well-being. It combines health information on nutrition, meal planning, stress management and developing an exercise plan to form healthy habits for life.

[Mar 16, 2023 - Mar 30, 2023, 11 a.m.-noon EST](#)

**Bless Your Heart-virtual**

Join us to learn how to take control of your heart health. This four month program that meets once a month, will enable participants to take control of their heart health through self-monitoring their blood pressure and engaging in educational lectures and activity.

[Friday, Jan 27, Feb 24, Mar 24, Apr 28, 10-11a.m. EST](#)





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## **Exercise in 2023!**

Regular exercise is one of the most important things you and everyone in your family can do to maintain health. All it takes is 150 minutes of exercise a week to get benefits! Unable to exercise for 150 minutes? Work up to it or do as much as you can. Always check with your health care provider when starting a new exercise program.

The some of the benefits of exercise and maintaining fitness are:

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|--|--|
| Increased energy levels                    | Improves brain function                |
| Improves your cardiovascular system        | Better sleep                           |
| Improves muscle strength                   | Reduces the effects of aging           |
| Reduces the risk of some cancers           | Reduces degenerative bone diseases     |
| Lowers risk of developing Type 2 diabetes. | Reduces stress and prevents depression |

Our exercise, nutrition classes, as well as our lectures, can help you learn from our health care experts how to get healthy and stay healthy in 2023! **All of our exercise classes are FREE, and VIRTUAL.** Call **248-849-5752** for class information or to register your email to receive our listing of all our current classes and lectures. If you prefer, registration can be found on our website: <https://healthcare.ascension.org/events>. Search: Virtual Ongoing Exercise. Our virtual classes are suitable for all ages and fitness levels and E-Waivers are required. A sturdy armless chair is recommended\*. One registration per participant. **Classes begin the week of January 9, and are ongoing, with no class January 16, 2023.**

### **Seated (Range of Motion)Exercise\***

#### **Mondays & Wednesdays, 10-10:45 a.m. EST**

A seated, gentle range of motion exercise class. Focusing on joints of the body as they naturally Are designed to move.

### **Resistance Band Exercise \***

#### **Tuesdays & Thursdays, 10-10:15 a.m. EST**

Join us for flat band resistance exercise, and learn ways to improve your strength. A flat band resistance band is recommended.

### **Chair Yoga \***

#### **Tuesdays & Thursdays, 11-11:45 a.m. EST**

Chair yoga adapts yoga poses through creative use of a chair. Warm-up and safely move the body. Participants will be taught a gentle flow that will end in a short meditation.

### **Strength, Core & More \***

#### **Mondays & Wednesdays, 11-11:45 a.m. EST**

Join us for strength training, core, balance and flexibility exercises. You can use your own body weight or wrist/ankle weights.

### **Walking Workout**

#### **Tuesdays & Thursdays, 10:15-10:45 a.m. EST**

Join us as we walk/march and strengthen your heart. Easy moves like side steps knee lifts, and kicks will assist with a healthier you.

### **Monthly: Wednesday Walking Workout**

#### **January 18, February 15, and March 15, noon to 12:30 p.m. EST**

Join us and the Ascension Providence Hospital Heart Institute Women's Heart Clinic as we walk up to 3,500 steps and strengthen your heart!





Ascension

## Southeast Michigan Community Health

January-March 2023

All lectures are free and virtual. To register for participation, please call 248-849-5752, visit <https://healthcare.ascension.org/events>

### ***Understanding Neck Arthritis and Treatment***

**Wednesday, January 11, 5-6 p.m. EST**

Learn about neck arthritis and treatment options

**Presenter:** Joseph Maslak, MD

Center for Orthopedic Research and Education;  
Ascension Providence Hospital-Novi Campus

### ***Oncology: Preventative Screening Guidelines***

**Thursday, January 19, noon-1 p.m. EST**

**Presenter:** Amy Shepard DO

Associate Program Director, Ascension  
Providence Family Medicine Residency

### ***Relax and Learn Yin Yoga Series:*** Join us and

the **GAVINI Center for Cancer Prevention** lecture of the month series. After the lecture wind down with **Yin Yoga, noon-12:30 p.m. EST**

**Presenter:**

Carmen Stokes, PhD, FNP-BC, RN, CNE

**Cervical Cancer and HPV prevention**

**Wednesday, January 25, 11 am-noon. EST**

**National Cancer Prevention Month**

**Wednesday, February 22, 11 am-noon. EST**

**Colorectal Cancer Prevention Month**

**Wednesday, March 22, 11 am-noon. EST**

### ***Deep Breathing to Keep Your Lungs Healthy***

**Monday, February 6, 1-2 p.m. EST**

Learn deep breathing exercises for healthier lungs.

**Presenter:**

Dr. Tarik Hadid, MD, MPH, MS, FACP

Macomb Oakland Webber Cancer Center

### ***Employment Series Pt 1: Resume Writing***

**Wednesday, February 8, noon-1 p.m. EST**

Learn some tips and tools for writing that resume that will stand out and get the job.

### ***Cardiology: Heart Disease & Hypertension***

**Thursday, February 23, noon-1 p.m. EST**

**Presenter:** Amy Shepard DO

Associate Program Director, Ascension  
Providence Family Medicine Residency

### ***Employment Series Pt 2: Job/Career Search***

**Wednesday, March 1, noon-1 p.m. EST**

### ***S.L.I.P. (Senior Lifestyle & Injury Prevention)***

**Tuesday, March 14, 1-2 p.m. EST**

**Presenter:** Belinda Kabodian, RN, BS,  
Ascension SE MI Community Health

Hazards found in the home and environment that can lead to falls and injury. Learn ways to keep you mobile and independent.

### ***Endocrinology: Diet & Nutrition...***

**Thursday, March 23, noon-1 p.m. EST**

**Presenter:** Amy Shepard, DO

Associate Program Director, Ascension  
Providence Family Medicine Residency