

Healthy Heroes Program



“Be the _____ you want to be” (Fill in your Blank)

To help you create a healthier lifestyle in 2018, Premier Health EMS Center of Excellence is offering a free Healthy Heroes program series. Sessions will be held at Atrium Medical Center and Good Samaritan North Health Center throughout January.

Topic 1:

How to set Healthy House Goals
Behavior Modification

- Are you ready to make a change?

Shoulder and Lumbopelvic Hip Complex

What is ImpACT concussion testing-How can this benefit you?

Topic 2:

Healthy House Food Choices

- Strategies for a Healthy Diet
- Cooking Demonstrations & Lab

Topic 3:

Time to Decompress-Sleep and Stress Management

Skin Cancer-Why the buzz?

Topic 4:

Tactical Training: Design-Create a Program for Life

Atrium Medical Center

Professional Building
5th Floor, Auditorium 1
Thursdays

January 4, 11, 18 and 25
5 to 6:30 p.m.

RSVP to Jeremy Lane at
jlane@premierhealth.com

Good Samaritan North Health Center

Education Rooms A, B, C, D
Wednesdays

January 10, 17 and 24
5 to 7 p.m.

RSVP to Laura Clark
leclark@premierhealth.com

Unable to attend each session? Contact us about options for a shifted schedule.

Optional screening offered at each session in a confidential setting

- Height and Weight for BMI
- Waist Measurement
- Blood Pressure and Heart Rate
- Bioimpedance