



## **Wellness Information and Events**

**October 2022**

**For more information go to [health.iu17.org](http://health.iu17.org)**

### **Lose Weight with 8-Weight Loss Class**

Taught by registered dietician Rose Trevouledes, this lifestyle change class will help you to fight belly fat, reduce weight and waist size. Meal plan is provided as well as information each class on very specific habits and eating the right types of foods and fitting in the foods you like to eat. Classes will be on Wednesdays, October 12th-December 7th from 4:45-5:45 at Penn College. Cost is \$200.00. Anyone can attend. (There will be no meeting Thanksgiving week.) If you are interested, please email me at [cterry@iu17.org](mailto:cterry@iu17.org).

### **Succeeding and Exceeding Group Health and Wellness Coaching Class (100pts)**

**Dates: 10/17, 10/25, 11/7, 11/16, 12/5 and 12/15**

**Where: BLaST IU 17, 2400 Reach Rd, Williamsport**

**Time: 5-6pm each class (must attend 5 of 6 sessions for full credit)**

Are you looking to make changes but don't know how? Do you find yourself unmotivated and finding it difficult to make those changes you want? This class will teach you how to break those cycles of habits to make the changes you desire and to move forward to succeed in your goals and exceed your own expectations. This class will require you to do work and to make each class. We will have group work in class too, so you can learn from others and how to help them. Positive changes are coming your way!

**To register click here:** <https://iu17.elnr.org/Register.aspx?ScheduleID=5646>

### **Walk AT Work Challenge-October 24th-November 20th**

- Fitting exercise in can be a challenge when you're working and balancing your home life. If you find it hard to fit exercise in before or after work, you may be interested in this challenge that encourages you to squeeze in more steps at work! Track your steps on your wellness website.
- Sign in on the health advocate website to accept the challenge in your To Do List. if you do not have health advocate you can track your steps on the Walk at Work excel sheet.

Most people spend more waking hours of their day at work than at home. Many people find it a challenge to exercise after they've worked a full day. Instead, why not try to fit in a little more fitness while you're at work? During the Walk at Work Challenge, you'll aim to walk a total of 15,000 steps a day with an emphasis of fitting in more walking during the work day, such as a 30 minute walk at work before or after your day ends.