

Southeast Michigan Community Health virtual classes

No classes held on the following dates: Nov. 3 - Election Day; Nov. 26 - Thanksgiving Day, Dec. 25 - Christmas Day



What is a virtual class?

In this unprecedented time and for your protection, we continue to offer only virtual classes until further notice. All of the classes are FREE and open to the public. To register online, go to healthcare.ascension.org/events. In the "Find by Location" box, enter your ZIP code. In the second box, "Find by class or event," enter the name of the class and then press "Submit." You may also call 248-849-5752 or email carelink@ascension.org.

Registration is required.

Criteria for virtual class

You must have internet access and can use any of the following devices: computer, tablet, smartphone or smart television. We recommend using a headset, microphone and webcam. (Audio-only classes are also available.) You will receive a link after your registration is completed.

Chair Yoga — Virtual-style!

Chair yoga adapts yoga poses through creative use of a chair, so the participant is able to warm up and stretch the body safely, with support and stability. Poses will be done seated on the chair, or the chair can be used for support during standing poses. Participants will be taught a gentle flow that will end in a short meditation. This class is suitable for all ages, fitness levels and physical conditions. Registration and a waiver on file is required.

Tuesdays and Thursdays, Ongoing — 11-11:45 a.m.

Presenter: Belinda Kabodian, BS, RN, RYT

Diabetes Management and Prevention

Discuss how diabetes develops, how the body reacts and important lifestyle changes to potentially reverse the diagnosis.

Wednesday, Oct. 7 — 4-5 p.m.

Presenter: John Kilmer, DO

Healthy Holiday Eating

Don't pack on the pounds during the holidays or compromise your current health condition. Learn proven tips for healthy food choices and meal preparation without missing out on the fun! Healthy recipe modification tips will be given.

Wednesday, Oct. 14 — 11 a.m.-noon

OR

Tuesday, Nov. 17 — 10-11 a.m.

Presenter: Beth Theisen, RD, CDCES

GMOs and Organic Foods

Confused about GMOs (genetically modified organisms) and organic foods? Join us to learn how to navigate your way through the many food options available, so you can choose healthy foods for your family. Learn more about eco-related food claims, including *organic*, *natural*, *sustainable* and *grass-fed*.

Tuesday, Oct. 20 — 10-11 a.m.

Presenter: Beth Theisen, RD, CDCES

Healthcare Highlight: Women's Health

A highlight and overview on what's new and innovative in women's services at Ascension St. John Hospital, including the effects of COVID-19 on annual exams, pregnancy and neonatal care.

Wednesday, Oct. 21 — 4-5 p.m.

Speaker: David M. Zalenski, MD, FACOG, Chair, Department of Obstetrics & Gynecology, Ascension St. John Hospital

Myths and Benefits of Dietary Supplements

Join us to learn about the potential benefits, regulations and safety of common herbal, vitamin and mineral supplements. Learn the truth and dispel the myths!

Thursday, Nov. 12 — 6-7 p.m.

Presenter: Beth Theisen, RD, CDCES

Diabetes PATH (Personal Action Toward Health)

This seven-week workshop is designed to provide the skills and tools to help people living with diabetes live a healthier life. The first session is a mandatory informational session. Open to family members and caregivers.

Tuesdays, Oct. 6-Nov. 24 — 1-3 p.m.

Pain PATH (Personal Action Toward Health)

This seven-week workshop is designed to provide the skills and tools to help people living with pain live a healthier life. The first session is a mandatory informational session. Open to family members and caregivers.

Wednesdays, Oct. 7-Nov. 18 — 6-8 p.m.

OR

Tuesdays, Nov. 3-Dec. 15 — 1-3 p.m.

Healthy Habits

This three-week workshop is designed to improve your physical, emotional and spiritual well-being. It combines health information with nutrition, meal planning, stress management and an exercise plan, to help form healthy habits for life.

Thursdays, Oct. 22, 29 and Nov. 5 — 1-2:30 p.m.

Presenter: Beth Theisen, RD, CDCES

Keep Your Grandchildren Safe Around Medications

Most families know to store medicine out of reach of children. Learn how to make your home even safer for an infant to a middle school aged child. Participants will receive a FREE medication safety packet with cabinet safety locks, a safety coloring book, many resources, and more.

Monday, Nov. 9 — 11 a.m.-noon

Presenter: Vanessa Mier, RN, BSN, HNB-BC

Managing Arthritis (virtual class)

Arthritis can limit range of motion and make simple movements difficult. Learn tips on managing arthritis and staying active.

Wednesday, Nov. 18 — 11 a.m.-noon

Presenter: Dr. Carlisle Vendittelli, Ascension St. John

Diabetes Prevention Program

Join us for a group-based, structured lifestyle change program for people who are at risk for or have prediabetes. Group meets for 16 weekly sessions and six 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. If you have a diagnosis of Type 2 diabetes you will not qualify to attend.

Wednesday, Nov. 18 — 1-2 p.m.

Presenter: Deborah Whiting, BSN, RN

Conversations in Diabetes: Managing Your Condition

Similar to planning a trip on the road in which we use maps and direction, we also need a “roadmap” to make sense out of managing diabetes. Learn simple steps to get control of your diabetes.

Wednesdays, Nov. 11-Dec. 30, 10-11:30 a.m.

Presenter: Suzanne Povinelli, RN, BSN, CDCES