

What is high blood pressure? How do I prevent or manage it?

How do I lower my risk of heart disease?

How do I prepare easy, healthy, delicious meals?

Can I prevent or reverse diabetes?

How much and what kind of exercise do I need?

How do I design my own exercise program?

What should I eat to maintain my health?

What is the mind-body connection? Does it affect my health?



Knowledge is Power!

Improve your know-how for living well and taking action against heart disease, diabetes and other chronic illnesses.

Register now to enroll in one or all three of the following classes taught by Sutter Health physicians and health practitioners. Each class covers two topics:

HEALTHY HEARTS, HEALTHY CHOICES

Tuesday, February 2, 2016, 9am–12 noon

Presented by: Thomas G. Quinn, MD & Wendy Buffett, MD

Heart Healthy at Any Age

- Understand your current cardiovascular health status and how it can be improved.

Healthy Choices: A Natural Approach to Optimal Nutrition

- What are the healthy choices we can make to sustain ourselves.
- How can new areas of research influence our menus.

LET'S GET MOVING, LET'S GET COOKING!

Wednesday, February 24, 2016, 9am–12 noon

Presented by: Michelle Gordon-Canning, PAC, CPT, CES & Lizette Marx, NC

Move & Feel Better! Discovering Health & Vitality Through Exercise

- Learn why physical fitness leads to health & vitality.
- Includes a step-by-step process to create a successful exercise program.

Upgrading Your Kitchen Workout

- How to take stock of your kitchen pantry.
- The top 10 foods you want to have on hand.
- Cooking demo: How to transform salads from a light dish to a main dish.

DIABETES AND HEART HEALTH

Wednesday, March 9, 2016, 9am–12 noon

Presented by: Jan Diamond, MD, MPH & Thomas G. Quinn, MD

Diabetes Prevention & Management

- What is pre-diabetes.
- The role of abdominal fat & microbiomes: fat cell “hormones”.
- Obesity: Diet strategies that work.

Building a Heart-Healthy Lifestyle

- Understand the mind/body connection and its relationship to health and wellness.
- Plan your journey toward a healthy lifestyle.



Thomas Gregory Quinn, MD is a cardiologist with Sutter East Bay Medical Foundation. Although Dr. Quinn is an interventional cardiologist he believes the most effective intervention is prevention. He has competed in numerous triathlon competitions and in his 50s successfully completed his first ironman. He lectures regularly on the topic of cardiovascular disease prevention.



Wendy Buffett, MD is a board certified family physician with a long term interest in integrative health, practicing in Albany, CA. Through her own and her blended family's needs she has eaten as a macrobiotic, vegan, vegetarian and gluten free and is very happy to currently be an omnivore.



Michelle Gordon-Canning, BS, PAC, CPT, CES is a Cardiology Physician Assistant and certified personal trainer. With over 18 years of experience in the care and management of patients with heart disease, Michelle helps bridge the gap between medicine and physical fitness, by promoting exercise in the prevention and treatment of heart disease, high blood pressure, diabetes, and high cholesterol, as well as achieving a healthy body weight.



Lizette Marx, NC is a Natural Therapeutic Chef, Certified Nutrition Consultant, cook-book author, and yoga instructor. Lizette is the co-owner of *Kitchen Treasures™*, a culinary nutrition education and personal chef business in the East Bay. She leads ongoing culinary nutrition programs for Kaiser Permanente and regularly gives healthy cooking demonstrations throughout Contra Costa County.



Jan Diamond, MD, MPH is a Family Physician who has been treating patients with obesity, diabetes, and liver disease for many years. She taught family medicine residents for over 25 years, and currently is training primary care physicians in Alameda County to treat liver disease, as well as providing primary care in Albany, CA.

TO REGISTER:

Copy or type <http://alameda.netkeepers.com/TPOnline/TPOnline.dll/Home> into your web browser

After Log-in, click on: Course Catalog/Countywide/Current Course Offerings/ and scroll down to the selected class(es). Class attendance requires supervisor approval. For questions regarding registration, contact the Training & Education Ctr. at (510) 272-6467. For program information contact the Employee Wellness Program at (510) 271-5190.