

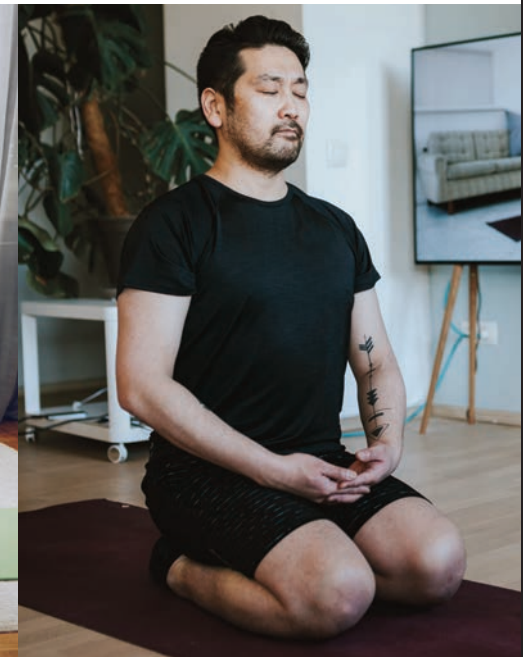
INDEPENDENT HEALTH'S Online Health Hub!

Summer is here! It's a great time to step up your fitness routine, get moving and make smart choices to help keep you healthy. Join a range of classes running through September, from stretching, back health and meditation to healthy eating, preventive health and more.

All classes are free, with no sign up needed. Just join through Zoom!



It's all part of the RedShirt® Treatment – and one more way we're helping you get and stay healthy.



JULY – SEPTEMBER 2021

Morning Stretch & Meditation

Led by the Independent Health Wellness Team

A quick, 15-minute session that's good for your body and mind.

Wednesday, July 14, 7:30 – 7:45 a.m. – [Join Us!](#)

Tuesday, August 24, 7:30 – 7:45 a.m. – [Join Us!](#)

Thursday, September 16, 7:30 – 7:45 a.m. – [Join Us!](#)

How to Grill Veggies

Led by Chef Lisa Lavery, Foodsmart

The char of the grill isn't just for meats. Learn tips and tricks to use this healthy cooking method to give fresh summer produce great flavor to chop into salads, serve as sides or great main dishes.

Wednesday, July 14, 1 – 2 p.m. – [Join Us!](#)

Staying Healthy During Your Busy Day

Led by Lauren Christman, Corporate Wellness Specialist, Independent Health

On busy days, staying energized and eating right can seem hard. Learn quick tips and see how simple planning can affect what we eat AND how we stay on a budget.

Tuesday, July 20, Noon – 1 p.m. – [Join Us!](#)

Back Health

Led by Dr. Michael Geraci, Geraci Spine and Sports Medicine

Know the main risks and factors that affect your back. Covers the role of exercise to help the spine and discs, along with imaging, injections, meds and surgery.

Thursday, July 22, Noon – 1 p.m. – [Join Us!](#)

Muscle, Mobility & Mind

Led by the Independent Health Wellness Team

A workout to build lean muscle, increase your heart rate and clear your mind. Bring two weights or weighted items, like water bottles or soup cans.

Thursday, July 29, Noon – 12:30 p.m. – [Join Us!](#)

Wednesday, August 11, Noon – 12:30 p.m. – [Join Us!](#)

Wednesday, September 22, 11 – 11:30 a.m. – [Join Us!](#)

Staying Healthy With Preventive Care Services

Led by Dr. Deirdre Wheat, Medical Director, Independent Health

Learn helpful tips to stay healthy all year and get the most out of your annual well visit, including how to prepare for it.

Tuesday, August 10, 10 – 11 a.m. – [Join Us!](#)

Plant-Based Meals

Led by Chef Lisa Lavery, Foodsmart

Studies show a less "meat-centric" diet is better for your health and wallet. Learn easy, great tasting ways to shift your meal plan without losing flavor.

Wednesday, August 18, 1 – 2 p.m. – [Join Us!](#)

Whole Well-being

Led by Kris Gallimore, Corporate Wellness Specialist, Independent Health

Learn how emotional health, diet, activity, sleep and more affect our overall health. With tips to make changes, manage stress and have better work-life balance.

Thursday, August 19, Noon – 1 p.m. – [Join Us!](#)

Healthy Eating 101

Led by Cami Woomer, DTR, NBHWC, Brook

The basics of healthy eating and ways to help you find what works for you and your lifestyle.

Thursday, August 31, Noon – 1 p.m. – [Join Us!](#)

Kid-Friendly Snacks

Led by Chef Lisa Lavery, Foodsmart

With a little planning and prep, you can stock your pantry and fridge with healthy snacks kids will love. Learn kid-tested, healthy-food favorites they can make themselves.

Wednesday, September 8, 1 – 2 p.m. – [Join Us!](#)

Talk Saves Lives: An Introduction to Suicide Prevention

Led by Jennifer Loughran, Horizon Health Services

Learn an overview about suicide, along with risk factors, who it affects, warnings and ways to prevent it.

Tuesday, September 21, Noon – 1 p.m. – [Join Us!](#)

Ergonomics and Back Health

Led by Michelle Carbery, Senior Corporate Wellness Specialist, Independent Health

Back pain affects nearly 80 percent of Americans. Learn how the back works and ways to protect it from injury.

Tuesday, September 28, Noon – 1 p.m. – [Join Us!](#)

Classes subject to change.

Questions? Email us at HealthHub@IndependentHealth.com or call (716) 505-8555



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