



Learning to Change *Mini Educational Seminars*

One Year, One Healthy Change will offer a mini educational seminar every month to offer you expert help and motivation to achieve your goals for a healthier lifestyle! All sessions are open to the public and no advance registration is needed.

Details for each session:

- **First Tuesday of every month @ 7 pm**
- **Location: Allen County Public Library, downtown Fort Wayne at 900 Library Plaza, meeting room A**
- **Each session will feature an expert presenter and a lay person testimonial along with time for questions and answers**
- **Sessions will last 75 minutes**
- **Take home tip sheets will reinforce the topic**
- **Incentive prizes**
- **Free to attend and free parking for ACPL card holders**
- **Sessions will be recorded and played at least four times each month on Access Fort Wayne TV**
- **More details at www.fort4fitness.org/4yourhealth**

Learning to Change Mini Seminar Schedule

- **February 7 Heart Health and Weight: What's the Connection**
Mark O'Shaughnessy MD, Parkview Physicians Group/Cardiology
Testimonial, Mike Danley, Snider Coach & Biggest Loser Contestant
- **March 6 Not Your Mother's Eating---Savvy Nutrition for the 21st Century**
Kathy Wehrle RD, CD, Community Health Educator, Parkview Health
- **April 3 Stress, Resiliency, and Personal Renewal**
Dave Johnson PhD, CNS, BC, Professor of Nursing, University of Saint Francis
- **May 1 Today's Family on the Move**
Barb Ceresa MS, Health and Wellness Director, Parkview YMCA
- **June 5 Tobacco Free: Is This a Change I'm Ready to Make?**
Linda Kerr NP-C, Parkview Women's Health Center

