

# GAC UNIVERSITY

## UPCOMING CLASSES

### DECEMBER

Date	Class	Time	Location	Speaker
Tuesday, December 4	Weight Loss Motivation	6:30 pm	Birch Room	Debbie Ryan, Health Coach
Monday, December 10	Grocery store visit	7:00 pm	Kroger	Debbie Ryan, Health Coach
Wednesday, December 12	Avoiding Winter Weight Gain	10:30 am	Birch Room	Christina Schumann, Registered Dietitian

### GAC UNIVERSITY IS FREE FOR MEMBERS!

Preregistration is required

\*Sign up at the Service Desk (810) 606-7300

\$10 per class for non-members or \$15 with full access to club amenities

*\*Senior Limited members may attend all GAC U classes.*



Stay up to date with GAC updates! Receive special offers and the latest information on all the programs and services you love “real time” on Facebook @GACfit and also stay in the loop by visiting us online at [www.genesysathleticclub.com](http://www.genesysathleticclub.com)!

**GENESYS**  
ATHLETIC CLUB

### **Weight Loss Motivation:**

Who doesn't need more motivation to change habits, leading into healthier lifestyle? How can we maintain a point of consistency and strength, when will-power fails us? Motivation fires us up to the starting point and takes us beyond. Momentum carries us, on and on, well past the finish line—into life. Do you want to be empowered and equipped for the everyday journey of wellness? Let's change the struggles of "weight loss" from a cycle of frustration and failure—to intuitive, positive choices and confidence.

Let's kindle that passion from within—for success in areas of both weight loss and healthy living. Come to engage, learn skills, strategize, alter attitudes and cultivate momentum...to keep us on track for a lifetime.

**Speaker: Debbie Ryan, Certified Health Coach**

### **GAC U: Grocery Store Visit:**

The place to start any weight loss program is in the GROCERY STORE! Join Debbie Ryan, Certified Health Coach, at Kroger's in Grand Blanc. Debbie will show you a back to basics approach to healthy eating that will last a lifetime. **Space is limited, therefore you must RSVP by calling the Health Coach office at 810-606-7802 or emailing [Deborah.Ryan@ascension.org](mailto:Deborah.Ryan@ascension.org) if you are interested.** Please meet Debbie in the produce area at the front of the store.

**Speaker: Debbie Ryan, Certified Health Coach**

### **GAC U: Avoiding Winter Weight Gain:**

Winter in Michigan is LONG. For many of us the cold, dark days coupled with holiday gatherings and the presence of winter comfort foods leads to weight gain. But winter weight gain doesn't have to be a foregone conclusion. Come to class and discover your winter pitfalls and develop a plan to overcome them.

**Speaker: Christina Schumann, MPH, RD, Certified Health Coach**