

Healthy Living

2024 Schedule

January 17 (Live Webinar)

Coping with Grief and Loss – Strategies for Self and Supporting Others

Jeff Thompson, MA, LPC, Clinical Supervisor, Sanilac County Community Mental Health

February 21 (Live Webinar)

Diabetes: Let's talk about it!

Counting Carbs and Exercise

Kris Kreiner, BS, RD, Registered Dietitian, McKenzie Health System

March 20 (Live Webinar)

Fishing in Sanilac County, is it safe to eat?

Laurie Messing, Food Safety Educator, Michigan State University Extension

April 17 (Live Webinar)

Listening to Your Children

Breonna Studer MA, LPC, CRC, Clinical Supervisor, Sanilac County Community Mental Health

May 15 (Live Webinar)

Digital Safety: What Parents Need to Know

Matthew Gezequel, Sandusky Police

June 19 (Diamond Trail, Sandusky)

Exercise & Tai Chi for Seniors

Sandra Martin-Adams, RN
Senior Services, McKenzie Health System

July 17 (Live Webinar)

Messages of Hope – Recovery from Substance Use Disorder and Mental Health Challenges

Lori Ziolkowski, MBA, Families Against Narcotics

August 21 (Live Webinar)

Preparing for Back to School

Leann M. Kerr, Elementary Principal, Title 1 Coordinator, Curriculum Director

September 18 (Live Webinar)

Eating Healthy on a Budget

Carol Bublitz, Community Nutrition Instructor, Michigan State University Extension

October 16 (Live Webinar)

Organizing Tips & Hacks

Connie Kramer, Integrit Cleaning & Organizing Service

November 20 (Live Webinar)

Healthy Holiday Meals

Mary Gilbert, Community Nutrition Instructor, Michigan State University Extension

All events take place 12:00-1:00 p.m.

Call in option available.

For more information, visit www.McKenzieHealth.org or call 810-648-6117.



Healthy Living... Together is a project that was developed by McKenzie Health System in collaboration with the Sanilac County Health Department, MSU Extension, Great Start Collaborative Sanilac, and Sanilac County Community Mental Health to help you on your path to a healthier life.

Get Out, Get Fit! 2024 McKenzie Fitness Classes

Senior Exercise

January 2 - March 15
March 25 - June 7
September 9 - November 22

Countryside Free Methodist Church
Tuesdays and Thursdays @ 9:00 a.m.

Lexington United Methodist Church
Mondays and Wednesdays @ 9:00 a.m.

\$20 Donation

Tai Chi

April 1 - April 26
May 6 - June 28
July 8 - August 30
September 9 - November 1
November 11 - December 13

Bark Shanty in Port Sanilac
Mondays @ 3:30 p.m.

Countryside Free Methodist Church
Tuesdays @ 10:00 a.m.

Lexington Senior Dining Center
Wednesdays @ 1:00 p.m.

60 & Over: FREE
Under 60: \$5.00/class

Matter of Balance

April 4 - May 23 (8 weeks)

Croswell Free Methodist Church
Thursdays @ 11:00 a.m. - 1:00 p.m.

Enhance Fitness

May 13 - August 30 (16 weeks)

Open Door Missionary Church
Mondays, Wednesdays, and Fridays
@ 9:00 a.m.

Aqua Aerobics (You may work at your own pace in the deep or shallow end of the pool, each utilizes different equipment.)

2024 Session Schedule

January 2 - February 23

Session 1 (8 weeks)

March 4 - April 26

Session 2 (8 weeks)

May 6 - June 28

Session 3 (8 weeks)

July 8 - August 30

Session 4 (8 weeks)

September 9 - November 1

Session 5 (8 weeks)

November 11 - December 13

Session 6 (5 weeks)

Early Birds (6:00 and 7:00 a.m.)

Arthritis Friendly (8:00 a.m.)

Deep Water Warriors (9:00 and 10:00 a.m.)

Aqua Athletics (11:00 a.m.)

Water Walkers (12:30 p.m.)

Run, Jump, Splash (1:30 p.m.)

Evening Energizers (5:00 p.m.)

Bump Set Spike (6:00 p.m.)

	M	Tu	W	Th	F
6:00 - 7:00 am	X		X		
7:00 - 8:00 am	X		X		
8:00 - 9:00 am		X		X	
9:00 - 10:00 am		X		X	
10:00 - 11:00 am		X		X	
11:00 - 12:00 pm		X		X	
12:30 - 1:30 pm		X		X	
1:30 - 2:30 pm		X		X	
5:00 - 6:00 pm	X	X	X	X	
6:00 - 7:00 pm	X		X		

Session Options

Frequency	5 week	8 week
1x/week	\$25.00	\$40.00
2x/week	\$50.00	\$80.00
3x/week	\$75.00	\$120.00
4x/week	\$100.00	\$160.00
5x/week	\$125.00	\$200.00

Pre-Registration Required

Call 810-648-6117 for more information & registration. Schedule subject to change.



www.McKenzieHealth.org