



Wellness Pathways

Wellness Education Program Core Classes 2008

Wellness University

Day of Week	Time/Place	Sessions
Friday	1p-5p/ Wellness Center Classroom 2	Jan 11 th , Feb 8 th & March 14 th // April 4 th , May 2 nd , & June 6 th // July 11 th , Aug 1 st , & Sept 5 th // October 3 rd , Nov 7 th , & Dec 5 th //
Wednesday	6p-8p/Wellness Center Classroom 2	Jan 9 th & 23 rd , Feb 6 th & 20 th , & March 5 th & 19 th // April 2 nd & 16 th , May 7 th & 21 st , & June 4 th & 18 th // July 9 th & 23 rd , Aug 6 th & 20 th , & Sept 3 rd & 17 th // Oct 1 st & 15 th , Nov 5 th & 19 th , & Dec 3 rd & 17 th //

Minimum Class size per session: 12; class closed at 24 per session Fee: \$150*

New Pathways in Coping with Stress

Days of Week	Time/Place	Sessions
Tuesdays & Thursdays	5:30p – 6:30p Family Room in Healing House or TBD at another site	Jan 8 th – Feb 28 th Mar 4 th – April 24 th May 6 th – June 26 th Aug 12 th – Oct 2 nd Oct 14 th – Dec 4 th

Minimum Class size per session: 10; class closed at 17 Fee: \$200*

Lighten Up! Weight Management Support Group

Day of Week	Time/Place	Sessions
Mondays	5:00p – 6:30p Wellness Center/Classroom 2	Jan 14 th – Mar 17 th ; Sept 8 th – Nov 10 th April 7 th – June 9 th ; will add class during holidays June 16 th – Aug 11 th if there is interest

Minimum Class size: 10; class closed at 25 Fee: \$100*

***Scholarships are available through Sutter Lakeside Hospital**