

Welcome to  
Better Health

A Weekly Update  
for Asante Employees

Every patient,  
every day, every time.

# ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

## Weight Management in Realistic Terms

If weight management is a challenge for you, Asante's Health Promotion Services can help. BodySmart – a free, eight-week educational program – will get its next class underway in Medford on Tuesday, May 12.



BodySmart's weekly, two-hour sessions will give participants the tools they need for weight loss success. Topics include journaling both food consumption and activity; controlling portions and serving sizes; emotional and stressful eating; exercise; meal planning; motivation for success; and dining out.

The class is free to all benefited employees at Asante and their spouses and dependents. Completion of the class will make Asante Health Plan members eligible for wellness incentives that are part of the health plan.

The upcoming class will be held from 5:30 p.m. to 7:30 p.m. each Tuesday for eight weeks, beginning May 12, in Room 108 of the Smullin Center.

For information or to register, call 789-4995 or email [myCare@asante.org](mailto:myCare@asante.org).

Asante News is published every Tuesday. Deadline for submission of articles is every Friday. Send via e-mail to [asantenews@asante.org](mailto:asantenews@asante.org).  
Question or suggestions: Call Communications and Marketing at (541) 789-3510 or extension 13510.