

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, Smoking Cessation Classes Begin

A pair of new classes that get started this week are aimed at improving the health of Asante employees by helping them make healthy choices and develop the tools to incorporate them into their lives.



BodySmart – an eight-week course to help participants lose excess body fat, feel better and have more energy – will get underway with a two-hour session in the Smullin Center, beginning at 5:30 p.m. on Tuesday, Jan. 13. **Breath for Life**, a six-week tobacco-cessation course, will get started with a 5:30 p.m. session on Thursday, Jan. 15, at the Smullin Center.

Participants in both courses, offered by Asante Work Health's myCare program, will meet each week at the same place and time. A minimum of 10 people must register for the Breath for Life course to proceed, and a minimum of 15 must register for BodySmart.

For information about the courses or to register, phone 789-4995 or email myCare@asante.org.

BodySmart has been designed by Asante Health Promotion Services and focuses on balancing nutrition to fuel the body for optimal health. Participants will work toward healthy body composition through exercise and healthy recipes. Food samples will be offered during the class and small lifestyle changes will be suggested to help those in the course achieve their goals.

BodySmart is free to Asante-benefited employees.

Breath for Life is intended to provide the best combination of information and support to help participants quit using tobacco. The positive reinforcement program focuses on the logical progression from awareness of tobacco dependence to a change in behavior. Those in the course will learn about the benefits of quitting, including better health and improved lifestyle habits.

Breath for Life is free to Asante-benefited employees and their dependents.

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