



2026 SCHEDULE

**FREE
CLASSES**

The Lifestyle Coaching program provides evidence-based health education to help everyone learn lifestyle changes to improve health. Join us on your health journey by choosing the classes and platforms that meet your needs!

LIFESTYLE COACHING CLASSES

Watch Lifestyle Coaching Classes—on Your Schedule

Lifestyle Coaching classes are now available on the Independence Health System YouTube channel, making it easy to learn at your convenience.

Classes Available on YouTube

- Menu Planning
- Mediterranean Lifestyle
- Plant-Forward Eating



To view the videos, scan
the QR code or visit
Independence.Health/LCVideos.

Additional On-Demand Classes Available Upon Request

Email LifestyleCoaching@independence.health
to learn more.

Additional Topics

- Volumetrics (Weight Management)
- Diabetes Management
- American Heart Association *Life's Essential 8*

Participating employees can earn Wellness Points towards their annual wellness program.

MINI SESSIONS

Join us from anywhere for a virtual group learning session.

Neurology Service Clinical Coordinator
Melisse Maser, CRNP, FNP-BC, ANVP-BC
will host two informative mini sessions
focused on brain health.

- All mini sessions require registration.
- Links will be emailed for virtual sessions a day in advance.

Brain Healthy Lifestyles

Learn practical ways to keep your brain healthy
during **Stroke Month** or on **World Stroke Day**.

Wednesday, May 6 • 12 to 12:30 p.m.
Friday, October 30 • 12 to 12:30 p.m.

REGISTER FOR CLASSES TODAY!

Questions? Call 724-284-4504.



Scan QR code for more information and to register online,
or email LifestyleCoaching@independence.health

The Lifestyle Coaching programs are provided complimentary by Independence Health System.