

Please join MHA, CSL Behring and CVS Health in attending an education program:

NEW YEAR
NEW YOU:

Making Healthy Choices



Saturday, February 6, 2016
1:00-5:00pm

Hy-Vee @ 1720 W. Battlefield Rd.
in Springfield, MO

The program will include the following speakers and activities:

Mindful Eating: Eat with Peace, Pleasure & Purpose: Introduction of mind-body skills that patients and caregivers can use to better manage their weight by improving their relationship to food, eating, and their bodies. **Presented by Dian Dimon, CSL Behring**

Making Healthy Choices: Learn the importance of portion control and exercise to maintain a healthy weight. Discuss healthy portion sizes and the recommended amount of calories burned with different types of exercise and activities. **Presented by Ann Mancini, RN, CVS Health**

Hy-Vee "Let's Dish" Meal Preparation Workshop: Prepare five healthy meals to take home and freeze. **Presented by Hy-Vee Registered Dietician Brittany Carpenter, RD, LD**

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RSVP by **Thursday, February 4** to Mark Cox at
mcox@midwesthemophilia.org or 816-479-5900