

Healthy Living

Schedule

2023

January 18 (Live Webinar)
First Aid / Weather Preparedness
Todd Hillman, Fire Chief, Sandusky Community Fire Department

February 15 (Live Webinar)
Calming Anxiety through Mindfulness
Jacqui Rabine, MSU Extension

March 15 (Live Webinar)
Winter Gardening How To's
Merry Martin, Master Gardener

April 19 (Live Webinar)
Child Abuse Prevention
Stephanie MacMillan, Program Coordinator, Child Advocacy Center

May 17 (Diamond Trail, Sandusky)
Outdoor Cooking Class & Container Gardening Herbs
Merry Martin, Master Gardener & Kristina Myers, RD, Registered Dietitian, McKenzie Health System

June 21 (Diamond Trail, Sandusky)
Puppy 101 and How to Make Dog Treats
Carolyn Crowe, Great Lakes K9 Obedience Instructor, Leader Dog for the Blind Puppy Raising Program Counselor, AKC Canine Good Citizen Evaluator & Kristina Myers, RD, Registered Dietitian, McKenzie Health System

July 19 (Live Webinar)
The Signs of Drug Use
Emily Quandt, LMSW MAT, Director of Human Services, McKenzie Health System

August 16 (Live Webinar)
Preserving Your Michigan Harvest
Laurie Messing, MSU Extension Food Safety Educator

September 20 (Live Webinar)
Organizing Tips
Connie Kramer, Integrit Cleaning & Organizing Service

October 18 (Live Webinar)
Medicare/Medicaid
Kari Granz, BBA
Program Coordinator, Thumb Community Health Partnership

November 15 (Live Webinar)
Sleep - The Best Ways to get what you Need & Easy Home Workouts
Jennifer Long, PT, DPT, Director of Rehab Services, McKenzie Health System & Veronica Byrne PT, DPT, Physical Therapist, McKenzie Health System

All LIVE events
take place
12:00-1:00 p.m.



For more information, visit www.McKenzieHealth.org or call 810-648-6117.

Healthy Living...Together is a project that was developed by McKenzie Health System in collaboration with the Sanilac County Health Department, MSU Extension, Great Start Collaborative Sanilac, and Sanilac County Community Mental Health to help you on your path to a healthier life.

Get Out, Get Fit!

2023 McKenzie Fitness Classes

Senior Exercise

January 2 - March 10
March 19 - May 26
September 11 - December 1

Countryside Free Methodist Church
Tuesdays and Thursdays @ 9:00 a.m.

Lexington United Methodist Church
Mondays and Wednesdays
@ 9:00 a.m.

\$20 Donation

Tai Chi

March 20 – April 28
May 8 - June 30
July 10 - September 1
September 11 - November 3
November 13 - December 15

Bark Shanty in Port Sanilac
Mondays @ 10:00 a.m.

Countryside Free Methodist Church
Tuesdays @ 10:00 a.m.

March 29 - May 10

Lexington Senior Dining Center
Wednesdays @ 1:00 p.m.

60 & Over: FREE
Under 60: \$5.00/class

Matter of Balance

No classes scheduled at this time.
Classes are listed on the website
calendar and shared on social media.

Aqua Aerobics (You may work at your own pace in the deep or shallow end of the pool, each utilizes different equipment.)

2023 Session Schedule

January 2 - February 24
Session 1 (8 weeks) Winter Session

March 6 – April 28
Session 2 (8 weeks) Spring Session

May 8 - June 30
Session 3 (8 weeks)
Spring into Summer Session

July 10 - September 1
Session 4 (8 weeks)
Summer Session

September 11 - November 3
Session 5 (8 weeks) Fall Session

November 13 - December 15
Session 6 (5 weeks) Holiday Session

Early Birds (6:00 and 7:00 a.m.)
Arthritis Friendly (8:00 a.m.)
Deep Water Warriors (9:00 and 10:00 a.m.)
Aqua Athletics (11:00 a.m.)
Water Walkers (12:30 p.m.)
Run, Jump, Splash (1:30 p.m.)
Evening Energizers (5:00 p.m.)
Bump Set Spike (6:00 p.m.)

	M	Tu	W	Th	F
6:00 - 7:00 am	X		X		
7:00 - 8:00 am	X		X		
8:00 - 9:00 am		X		X	
9:00 - 10:00 am		X		X	
10:00 - 11:00 am		X		X	
11:00 - 12:00 pm		X		X	
12:30 - 1:30 pm		X		X	
1:30 - 2:30 pm		X		X	
5:00 - 6:00 pm	X	X	X	X	
6:00 - 7:00 pm	X		X		

Session Options

Frequency	5 week	8 week
1x/week	\$25.00	\$40.00
2x/week	\$50.00	\$80.00
3x/week	\$75.00	\$120.00
4x/week	\$100.00	\$160.00
5x/week	\$125.00	\$200.00

Pre-Registration Required

Call 810-648-6117 for more
information & registration.
Schedule subject to change.



www.McKenzieHealth.org