

# Healthy Living ...together



## 2021 Schedule

\*All LIVE events take place 12:00-1:00 p.m.  
To register for LIVE webinars, call 810-648-6117 or visit [www.McKenzieHealth.org/Health-Living-Together](http://www.McKenzieHealth.org/Health-Living-Together)

### March 17\* (Live Webinar)

#### Reading Month: Story Time

Matthew Gormley, MD  
Pediatrician/Internal Medicine  
Crowell Clinic

#### Talking is Teaching

Julia Gutierrez-Albrecht, MA  
Great Start Collaborative-Sanilac

### April 21 (Recorded)

#### Opioid Epidemic: MAT

Emily Quandt, LMSW, MSARP  
Program Case Manager  
Lori Nugent, PA-C, Physician Assistant  
McKenzie Health System

### May 19\* (Live Webinar)

#### Container Gardening

Merry Martin  
Sanilac County Master Gardener

### June 16\* (Live Webinar)

#### First Aid & Summer Safety

Community Paramedics  
McKenzie Health System

### July 21\* (Live Webinar)

#### Stroke Prevention

Rebecca Stoliker, BSN, RN  
Director of Nursing Services  
McKenzie Health System

### August 18\* (Live Webinar)

#### Immunizations for Children & Adults

Sanilac County Health Department

### Sept. 15\* (Live Webinar)

#### Suicide Prevention: Supporting Your Friends and Family

Kellie Phelps, Assistant in Prevention and Public Education  
Sanilac County Comm. Mental Health

### October 20\* (Live Webinar)

#### Medicare Update Open Enrollment

Louise Blasius, LMSW, LPG  
Director of Human Services  
McKenzie Health System

### November 17 (Recorded)

#### Holiday Cooking with Kids

Aaron Puzan, Chef  
Autumnwood of Deckerville

\*A call-in option is available for LIVE events. Call 810-648-6117 to register for this option.

All recorded videos and LIVE webinar recordings will be available on the McKenzie YouTube channel and McKenzie Facebook page.

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!

### MCKENZIE FITNESS CLASSES

### Aqua Aerobics

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

- Early Birds (5:45 and 7:00 am)
- Arthritis Friendly (8:15 am)
- Deep Water Warriors (9:45 am)
- Aqua Athletics (11:15 am)
- Water Walkers (12:45 pm)
- Run, Jump, Splash (2:15 pm)
- Evening Energizers (5:00)
- Bump Set Spike (6:30 pm)

### Session Schedule

- March 8 – April 30, 2021**  
Session 2 (8 weeks) Spring Session
- May 10 – July 2, 2021**  
Session 3 (8 weeks) Spring into Summer Session
- July 12 – September 3, 2021**  
Session 4 (8 weeks) Summer Session
- September 13 – November 5, 2021**  
Session 5 (8 weeks) Fall Session
- November 15 – December 17, 2021**  
Session 6 (5 weeks) Holiday Session

	M	Tu	W	Th	F	Sa
5:45 - 6:30 am	X		X		X	
7 - 8 am	X		X		X	
8:15 - 9:15 am		X		X		
9:45 - 10:45 am		X		X		
11:15 - 12:15 pm		X		X		
12:45 - 1:45 pm		X		X		
2:15 - 3:15 pm		X		X		
5 - 6 pm	X	X	X	X		
6:30 - 7:30 pm	X		X			

### Session Options

Frequency	5 week	8 week
1x/week	\$22.50	\$36.00
2x/week	\$45.00	\$72.00
3x/week	\$67.50	\$108.00
4x/week	\$90.00	\$144.00
5x/week	\$112.50	\$180.00

### Pre-Registration Required

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

