

# Utah Cancer Control Program 2016

For Women  
50-64 years old,  
their families &  
friends

## Be Wise™ Classes They are FREE\*!

Call to  
see if you  
qualify

### HEALTH CLASSES

@ 11:00 AM



JAN 6th: **DIABETES**  
FEB 3rd: **BLOOD PRESSURE**  
MAR 2nd: **CHOLESTEROL**  
APR 6th: **MENTAL HEALTH**  
MAY 4th: **DIABETES**  
JUNE 8th: **BLOOD PRESSURE**  
JULY 6th: **CHOLESTEROL**  
AUG 3rd: **MENTAL HEALTH**  
SEPT 7th: **DIABETES**  
OCT 5th: **BLOOD PRESSURE**  
NOV 2nd: **CHOLESTEROL**  
DEC 7th: **MENTAL HEALTH**

### COOKING CLASSES

@ 11:00 AM



JAN 27th: Create quick meals  
FEB 24th: meals with a well-stocked pantry  
MARCH 30th: Get creative with veggies  
APRIL 27th: Healthy eating for an active lifestyle  
MAY 25th: Salt and Sodium  
JUNE 29th: Smart shopping for veggies and fruits  
JULY 27th: Add more vegetables to your day  
AUG 31st: Make better beverage choices  
SEPT 28th: Make half your grains whole/choosing whole-grain foods  
OCT 26th: Women's Health: Make better food choices  
NOV. 30th: Cook Once, Eat Twice  
DEC 21st: Healthy Holiday Choices

### CHOOSE to LOSE

@ 5:15 PM



JAN 13th: **WEIGHT LOSS CLASS**  
FEB 17th: **WEIGHT LOSS CLASS**  
MAR 23rd: **WEIGHT LOSS CLASS**  
APR 13th: **WEIGHT LOSS CLASS**  
MAY 11th: **WEIGHT LOSS CLASS**  
JUNE 15th: **WEIGHT LOSS CLASS**  
JULY 13th: **WEIGHT LOSS CLASS**  
AUG 10th: **WEIGHT LOSS CLASS**  
SEP 21st: **WEIGHT LOSS CLASS**  
OCT 12th: **WEIGHT LOSS CLASS**  
DEC 14th: **WEIGHT LOSS CLASS**

### ZUMBA CLASSES

@ 6:00 PM



JAN 13th: **ZUMBA**  
FEB 17th: **ZUMBA**  
MAR 23rd: **ZUMBA**  
APR 13th: **ZUMBA**  
MAY 11th: **ZUMBA**  
JUNE 15th: **ZUMBA**  
JULY 13th: **ZUMBA**  
AUG 10th: **ZUMBA**  
SEP 21st: **ZUMBA**  
OCT 12th: **ZUMBA**  
DEC 14th: **ZUMBA**

\*All classes are on a Wednesday & they are FREE at the Utah County Health Department  
151 S. University Avenue, Provo For more information call (801) 851-7031

\*Due to classes being taught by volunteers, they are subject to change without any notice