



## required for all new members

CHI Program members take two courses during their coverage year to comply with program requirements. Your health coach can help you choose the classes that fit your needs.

### Class Policies:

- Pre-register for classes.
- Call in advance if you will be absent and need to reschedule.
- Daycare is NOT provided.
- Silence cell phones in class.
- Arrive on time, sign in, and stay for the full duration of class to receive credit.

Access Health also offers Chronic Disease Management classes in asthma, tobacco cessation, diabetes, pain, COPD, and more. These classes will be recommended for qualifying members. Some are offered as a series for two credits.

## class locations

**Access Health**  
1200 Ransom  
Muskegon, MI 49442

**Alive on the Lakeshore Community Ministry Center**  
2735 E Apple Ave  
Muskegon, MI 49442

**Bethany Church**  
1105 Terrace St  
Muskegon, MI 49442

**The Gym**  
308 Center St  
Muskegon, MI 49445

*Your health plan is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 231-728-5180 and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.*



## CHI: program course offerings



1200 Ransom • Muskegon, MI 49442  
231 : 728 : 5180 • access-health.org

To **register** for classes, call **231-766-7100** or visit **access-health.org**

## nutrition

**Healthy Eating on a Budget:** Learn ways to incorporate healthy foods, even when your food budget is limited.

**Healthy Eating While Eating Out:** For many people, eating out is a necessary part of daily life. Learn how to select healthier choices from the menus of area restaurants.

### **Making Healthy Lifestyle Changes:**

An overview of how to identify and implement positive changes for your health.

**What's on Your Plate?:** Is your goal to eat healthier? Learn how USDA's My Plate can help you navigate food choices.

**Superfoods:** What exactly is a superfood? Should we be including more of these foods in our daily consumption?

**Know Your Supplements:** Need help better understanding supplements? This class teaches you the questions to ask regarding safe use, what to take, and why.

**Gluten Free:** Learn the basics of gluten intolerance, Celiac Disease, and dietary changes to help manage these issues. Study food labels and create gluten-free meal plans.

**NEW! "Sweet" Consciousness:** How does what we eat change our blood sugar? Learn how sugar affects the body and mood.

**NEW! The Organic Option:** What's all this about the organic lifestyle? What does it mean? Is it healthier? Can I afford it? Come with questions and be ready for food sampling!

**NEW! Alternative Food Styles:** Overview of some of the current nutritional approaches and fad diets.

**NEW! Medicinal Properties of Kitchen Herbs:** Some herbs and spices have health enhancing properties. Which might you like to try? Hands-on class by a local chef.

**NEW! Eat for Your Health:** Get some new ideas about making healthy nutrition choices for yourself and your family.

**NEW! Mindful Eating:** How do we heighten awareness of what we eat to best nourish our bodies? How do stress and emotions play into food choices and eating speed?

**NEW! Label Reading for Better Health:** Learn more about how food is labeled and what it means for healthy nutrition choices.

## fitness

**Train for your Health:** This class helps you learn how to tailor a progressive exercise program to your specific goals.

**Stretch for Health:** Learn how to incorporate stretching in your daily routine and how to alleviate injury caused by exercising. Wear comfortable clothing.

**Outdoor/Indoor Cross-Training:** Mix up your routine with variety of exercise activities in a new setting. Classes vary in location depending on season. Class teaches to all levels.

**Yoga:** Introduction to the practice and benefits of yoga, which helps muscles and joints, stress-release, flexibility, and balance. Modifications for differing experience levels.

**Snowshoeing:** Learn a great way to stay active and to enjoy the winter woods! Must bring snowshoes to class. Meets on a Saturday in February.

**NEW! No Equipment Needed:** Learn how can you structure a great workout without special equipment, using just your body and what you have at home.

**NEW! Dance for Your Health:** Enjoy a sampling of simple, active dance styles like Zumba, jazzercise, and line dancing to get your heart and muscles going.

## health enhancement

**Health Talk:** YOU are the most important part of the health care team, but what is your responsibility when it comes to health? Learn how you can get the most from the health care system by being your own advocate.

**Men's Health:** How about a class that is taught from the male perspective? This class can help men of any age get a better understanding of their individual health needs.

**QI For Health and Harmony:** Tai Chi and qigong are ancient practices that enhance health and healing. These movements are ideal for people with and without chronic health conditions.

**Stress Management 101:** We all have situations in our lives that contribute to feelings of stress. Learn how stress affects our body and mind, and learn healthy ways of responding to it.

**Power of You!:** How do we tap into our own strengths and abilities, making the most of who we are, and stopping self-defeating behaviors?

**Beginning Gardening:** Learn the basics of creating and maintaining a small garden from a master gardener. (Meets once a year in March.)

**NEW! Raising Healthy Kids:** Childhood obesity rates are high! This class discusses strategies for busy parents to help their next generation grow into healthy, active adults.

**NEW! Meditation:** Learn simple techniques to calm the mind and to focus. Helps with stress management, sleep disruption, and daily life balance.

**NEW! Holistic Health:** How do the body, mind, and spirit all play into the formation of a balanced lifestyle? What can we learn from this approach?

**NEW! Coping with Change & Loss:** An introduction to various loss issues, coping strategies, and helpful tips for persons experiencing unexpected change and those supporting them.

**NEW! Healthy Mouth Matters:** Learn what really matters in keeping your mouth healthy. What causes cavities, gum disease, and cancer? What role does heredity play? Learn why what you put on your teeth today will affect the color, health, and longevity of your teeth tomorrow. Learn how to keep your teeth healthy for a lifetime!

**NEW! Women's Health:** What health concerns and perspectives are specific to women? Strategies to achieve and maintain good health throughout all stages of life.

**Understanding Depression:** Depression touches many people. What are its signs and symptoms? What can we do about it?

## alternative classes

**Athletic Event:** With health coach permission, members beyond their 3rd year may receive credit for training for and completing an athletic event such as a 5K run or an organized bike tour.

**Food Journal:** With health coach permission, members beyond their 3rd year will establish a nutrition goal, track progress toward this goal for a period of 4 weeks, then assess results with health coach in order to receive credit.

**Exercise Log:** With health coach permission, members beyond their 3rd year will establish an exercise goal, track exercise activity toward this goal for a period of 4 weeks, then assess results with health coach in order to receive credit.

**NEW! Health Documentary Studies:** Program designed for members beyond their 3rd year. Members watch an agreed-upon health documentary independently, later discussing it with their health coach in order to demonstrate completion and to receive class credit.

**Classes and details are subject to change. Please visit our website at [access-health.org](http://access-health.org) or call 231-728-5180 for the most up-to-date class listing.**