

# To Your Health

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With All Your Health Needs



Sponsored by **HyVee HealthMarket** **Avera** Sacred Heart Hospital

**Healthy Eating FOR Life**

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## WELLNESS EVENTS SEPTEMBER 2010

**Fad Diets - Why Diets Don't Work - Lunch & Learn - FREE**  
Thursday, September 10th - 12:15 p.m. - 1:00 p.m. (Hy-Vee Conference Room)  
Have you wondered why there are so many diets out there, but we still struggle to lose weight? Join Brenda, your Hy-Vee Dietitian for a brief presentation over the lunch hour as she reviews some common fad diets and reviews tips for healthy eating. Bring a healthy lunch! Register for this event at customer service or call Brenda 665-3412 or 668-8672.

**Bringing the Mediterranean Lifestyle Home: From Your Cart to Your Kitchen - FREE SEMINAR**  
Thursday, September 16th - 5:15 p.m. - 6:15 p.m. (Hy-Vee Conference Room)  
There is a growing body of evidence that supports the healthfulness of the Mediterranean way of eating. The evidence continues to show that the Mediterranean lifestyle may help prevent many chronic diseases and lengthen your life! Join Brenda for this one-hour program and learn how to incorporate the Mediterranean way of living into your lifestyle! Registration required. Register at customer service or by calling Hy-Vee at 665-3412 or Brenda at 668-8672.

**Gluten-Free New Product Demofest**  
Saturday, September 18th - 10:00 a.m. - 4:00 p.m. (HealthMarket)  
Do you have celiac disease or know of someone that does? Do you have a hard time finding great tasting gluten-free foods? Join Brenda your Hy-Vee Dietitian as she will have new, great-tasting gluten-free foods available in the HealthMarket for you to taste and will be available to answer your nutrition questions.

**New to Hy-Vee Kitchen - Rotisserie Chicken Breast!**  
Tuesday, September 28th - 4:00 p.m. - 6:00 p.m. (Hy-Vee Kitchen)  
You know that Hy-Vee Kitchen's Rotisserie Chicken is mouth-watering and delicious. Now Hy-Vee introduces the new Rotisserie Chicken Breast. A quick and healthy solution to dinner that can be used for sandwiches, salads, casseroles and more! Stop by the Hy-Vee Kitchen for a sample!

**Crohn's and Colitis Support Group Meeting Presentation - Nutritional Considerations for Crohn's Disease and Colitis**  
Tuesday, September 21st, 6:45 p.m. - Avera Professional Office Pavilion, Conference Rm. #3  
Have you or a family member been diagnosed with Crohn's disease or Colitis? The Yankton Crohn's and Colitis support group would like to invite you to attend their monthly meeting and listen as Brenda Patzlaff, your Hy-Vee dietitian gives a presentation regarding nutritional consideration for Crohn's and Colitis. For more information, contact Dave Brown at 665-7199 or Kathy Ryken at 665-8667.

**Individual Nutrition Consultation - One hour - \$50.00 - Half hour - \$25.00**  
Brenda is available to provide personalized assessment and nutrition consultation for heart health, weight management, diabetic diet review, gluten-free and food intolerances, infant and child nutrition and other nutritional concerns.

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