



OCTOBER 2019



FREE Nutrition Classes

by Clara Vancura, Registered Dietitian

All are invited to attend our FREE nutrition classes. Classes will be located in the Vitality Wellness Conference room.

Food Facts

Oct. 9, 6-7 p.m.

Building Blocks for a Balanced Diet

Review what goes on your plate, in your cup or in your bowl for nutritional balance and overall health.

Nov. 13, 6-7 p.m.

Holiday Recipe "Make-Over"

Adjusting holiday recipes for a more balanced holiday meal.

MyPlate for MyFamily

Every third Wednesday beginning Oct. 16, 6-7 p.m.

Each session will focus on how to incorporate foods from all five food groups into your daily meals while limiting solid fats, added sugars and sodium. Plus, learn simple ways to be more physically active throughout your day!

Instructor: Elizabeth Quillo, U of M Extension Nutrition Educator



Vitality Reflections

by Katie Gruber

"October is about trees revealing colors they've hidden all year. People have an October as well." – Jim Storm

October — falling between the Summer and Winter Solstice — is a time to find our balance in the midst of what feels

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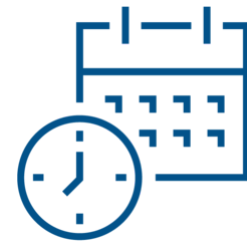
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Tuesday, Oct. 8

[DIABETES SUPPORT GROUP](#)

Friday, Oct. 11

[PATIENT/FAMILY ADVISORY COMMITTEE \(PFAC\)](#)

Wednesday, Oct. 16

[CENTRACARE ON OPEN MIC](#)

Thursday, Oct. 24

[BLOOD DRIVE](#)

Friday, Oct. 25

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unbalanced in our life. It's a time for inner reflection and discovering the path that brings us closer to our desired reality. [Read more.](#)

[MIC](#) featuring Vitality Wellness updates

Meet Our Team

Jen is part of our weekday team — helping both Rehab and Wellness! Jen is always willing to lend a helping hand and improve your experience at Vitality any way she can! She's passionate about her pup Drake, her family and expressing her creativity through make-up! Make sure to say "Hi!" if you spot her lifting heavy at the gym!



Jen's favorite thing about Vitality Wellness is the wide range of classes we offer.

Her strongest dimension of wellness is social, intellectual and emotional.

Jen's favorite way to stay active is coming to the gym every day, going hiking, taking Drake for a walk and fishing.

One thing on Jen's bucket list is to go to a LSU football game.

Vitality Wellness is **creating community well-being and promoting healthy lifestyles**. The goal is to provide programs, services and amenities designed to support well-being through the six dimensions of wellness. Click on the image to learn more.



Follow Us On Facebook



Vitality Wellness is OPEN TO ALL. No need to be a CentraCare patient.



Find trendy and unique items at the Gift Gallery located just to the right of the Long Prairie Medical Campus main entrance.



[Review Us on Google](#)

Your feedback is important to us!

Sue Kaneski recommends CentraCare – Vitality Wellness. *"Vitality Wellness offers three classes for Silver Sneakers or Silver and Fit. I especially enjoy the Silver Splash class and open swim time! They also have a wonderful gym and workouts available."*

Thank you, Sue!

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