

# Lifestyle Health Program Newsletter

April | 2023

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**Our office is moving!!**  
**Updated move-in date: 4/13/2023**  
**NEW ADDRESS : 3702 Automation Way Suite 104, 80525**

We hope you come see us in our new space sometime soon!

Masks are no longer required in appointments or fitness classes.

## Cancer Thriving and Surviving FREE 6-week workshop! (virtual through Teams)

When: Tuesdays, April 4th-May 9th


Time: 5:30-7:30pm

Are you a cancer survivor who is interested in not just surviving, but thriving? Participants completing our program have called it “life changing,” “empowering,” and “the push I needed to take charge of my health.” Participants will learn a variety of self-management skills that are specific to cancer survivors.

Register for Cancer Thriving and Surviving [HERE](#)

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## Fitness Updates



*Discipline is the  
bridge between goals  
and accomplishments.*

- JIM ROHN

## 5-week Healthy Habit Re-Set Challenge

### When?

April 1-May 6

### What?

Sign up for this 5 week challenge if you'd like to set a foundation for some healthy habits! Each week focuses on a different type of healthy habit (walking, stretching, strength, and sleep) and takes on a multifaceted approach to wellness, with not much time commitment required. The 5th week you will incorporate all of these habits together! There will be email check-ins and guidance on what to focus on each week.

**Register today [here!](#)**

### **Sign up for April Fitness and Yoga Series! No more masks required!**

- **Fitness classes:** April's theme: **Renew, Reset, Recommit!** We are a quarter of the way through 2023. Do you need to Renew your fitness routine, Reset your health goals and Recommit to your wellbeing? In person (in our new space!) and online fitness options available, every Monday and Wednesday at 430pm.
  - **If you want to attend April fitness classes on Teams and don't have the invites you can register by emailing Mira [here](#)**
  - Morning classes are being moved to *in person only* and will be onsite at the PSD South Transportation Terminal (6425 Portner Road) on Tuesdays at 10am and onsite at the PSD North Transportation Terminal (2445 Laporte Ave Building H) on Wednesdays at 11am. Everyone welcome to attend, not only those that are employed onsite. Email Mira for more information!
- **Yoga classes on Teams:** Join us in April for our **Renew, Reset, Recommit** series; focus on recommitting to your wellbeing. Tuesday 530pm, Thursday 430pm. **Register by emailing Mira [here](#) for March yoga invites if you don't already have them!**
- Email Mira if you have any questions about registering for February classes and would like the Teams invites or have any questions about in person classes.

### How is your fitness journey going so far this year?

- Need accountability or motivation? Email [Mira](#) to schedule a Fitness Assessment!

## Nutrition Update



# 6 Healthy Freezer Meals in 1 hour!

*Virtual Cooking Class*

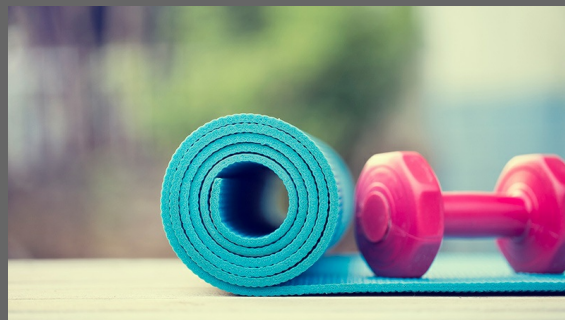
*Hosted by Sarah Morales,  
Registered Dietitian*

**May 10, 5:30-6:30 pm**

- Prep. ingredients ahead of time and freeze them, for easy preparation later in crockpot or instapot!
- Recipes and ingredient lists will be provided a week ahead of time!

**Register  
Here**

Need help or accountability with food/nutrition? Email [Sarah](#) to schedule a nutrition session.



## **Fitness Class Schedule**

**Monday** 4:30-5:15pm

**Wednesday** 4:30-5:15pm

Fitness classes are virtual and in person.  
**E-mail Mira** for the virtual class link.

## **Yoga Class Schedule**

**Tuesday** 5:30-6:30pm

**Thursday** 4:30-5:15pm

Yoga classes are virtual only. **E-mail Mira** for the virtual class link.

**Contact Information**

# UCHealth Lifestyle Health Program

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