



Verde Valley Medical Center

Northern Arizona Healthcare

LGC Scheduled Seminars

Tuesday January 14

Weight Loss Survival 5:30– 6:30—Pam Ing-Dobrota, RDN and Kaitlin Hoover, RDN

Tuesday January 28

Nutrition 5:30– 6:30 —Heather Klomprens— Health Educator

Tuesday February 11

Weight Loss Fads: Truths and Myths 5:30 – 6:30—Martha Brown, RDN

Tuesday February 25

Stress Management 5:30– 6:30 – Carla Hover— Coordinator/Community Health Educator

Tuesday March 25

Exercising Safely Without Injury and Pain 5:30– 6:30 —Brad Williams, MD, PhD, and Jon Cook, PT, DPT

Tuesday April 1

How Being Overweight Affects Your Body 5:30– 6:30 —Brad Williams, MD, PhD



[LGC Event Calendar Inside](#)

January



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2014

Northern Arizona Healthcare

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8 Event—1st weigh-in Verde Room Time—7a.m.—7p.m.	9 Welcome to LGC and Q&A with Fitness Su- pervisor and Personal Trainer Trevor Faust Party Room B 5:30—6:00p.m.	10 LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.	11 Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.
12	13 LGC Group exercise with Lori Cottonwood Room 6—7 p.m.	14 LGC Seminar (Weight Loss Survival) Cottonwood Room Time: 5:30—6:30p.m.	15 Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m. Walking/Running/ Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.	16 Q&A with Personal Trainer Trevor Faust Party Room B 5:30—6:30p.m.	17 LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.	18 Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.
19	20 LGC Group exercise with Lori Cottonwood Room 6—7 p.m.	21	22 Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m. Walking/Running/ Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.	23 Q&A with Personal Trainer Trevor Faust Party Room B 5:30—6:30p.m.	24 LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.	25 Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.
26	27 LGC Group exercise with Lori Cottonwood Room 6—7 p.m.	28 LGC Seminar (Nutrition) Cottonwood Room Time: 5:30—6:30p.m.	29 Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m. Walking/Running/ Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.	30 Q&A with Personal Trainer Trevor Faust Party Room B 5:30—6:30p.m.	31 LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.	

February



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.
2	3 LGC Group exercise with Lori Cottonwood Room 6-7 p.m.	4	5 Weigh-in Party Room B Time-7a.m.-10a.m. and 3p.m.- 6p.m. Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.	6 Q&A with Personal Trainer Trevor Faust Party Room B 5:30-6:30p.m.	7 LGC Boot Camp with Jeanie Aerobics Room 6-7p.m.	8 Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.
9	10 LGC Group exercise with Lori Cottonwood Room 6-7 p.m.	11 LGC Seminar (Weight Loss Fads: Truths and Myths) Cottonwood Room Time: 5:30-6:30p.m.	12 Weigh-in Party Room B Time-7a.m.-10a.m. and 3p.m.- 6p.m. Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.	13 Q&A with Personal Trainer Trevor Faust Party Room B 5:30-6:30p.m.	14 LGC Boot Camp with Jeanie Aerobics Room 6-7p.m.	15 Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.
16	17 LGC Group exercise with Lori Cottonwood Room 6-7 p.m.	18	19 Weigh-in Party Room B Time-7a.m.-10a.m. and 3p.m.- 6p.m. Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.	20 Q&A with Personal Trainer Trevor Faust Party Room B 5:30-6:30p.m.	21 LGC Boot Camp with Jeanie Aerobics Room 6-7p.m.	22 Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.
23	24 LGC Group exercise with Lori Cottonwood Room 6-7 p.m.	25 LGC Seminar (Stress Management) Cottonwood Room Time: 5:30-6:30p.m.	26 Weigh-in Party Room B Time-7a.m.-10a.m. and 3p.m.- 6p.m. Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.	27 Q&A with Personal Trainer Trevor Faust Party Room B 5:30-6:30p.m.	28 LGC Boot Camp with Jeanie Aerobics Room 6-7p.m.	

March



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 LGC Group exercise with Lori Cottonwood Room 6—7 p.m.	4	5 Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m. Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.	6 Q&A with Personal Trainer Trevor Faust Party Room B 5:30—6:30p.m.	7 LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.	1 8 Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.
9	10 LGC Group exercise with Lori Cottonwood Room 6—7 p.m.	11	12 Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m. Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.	13 Q&A with Personal Trainer Trevor Faust Party Room B 5:30—6:30p.m.	14 LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.	15 Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.
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30	31 LGC Group exercise with Lori Cottonwood Room 6—7 p.m.					

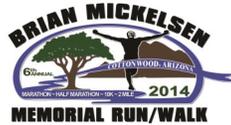
April



Verde Valley Medical Center

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 LGC Seminar (How Being Over Weight Affects your Body) Cottonwood Room Time: 5:30—6:30p.m.</p>	<p>2 Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>3 Q&A with Personal Trainer Trevor Faust Party Room B 5:30—6:30p.m.</p>	<p>4 LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>5 Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.</p>
<p>6 Sign up for the BMM Run/Walk and get %10 Off!</p>	<p>7 LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>8 Sign up for the BMM Run/Walk and get %10 Off!</p>	<p>9 Event— Final weigh-in Cottonwood Room Time—7a.m.—7p.m.</p> <p><u>Get Your LGC T-Shirts At The Final Weigh-In</u></p>	<p>10 No BMM Run/Walk Registrations Excepted.</p>	<p>11 No BMM Run/Walk Registrations Excepted.</p>	<p>12 BMM Run/ Walk Race Day!</p>
						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			