

Exercise & You

LECTURE SERIES @ THE LIFESTYLE CENTER

Attend our **FREE** informative lecture series presented by our Exercise Physiology Staff. Lectures will be held from 6:00 pm to 7:00 pm in the TLC Conference Rooms.

January 23rd

The Difference Between Losing Bodyweight and Body Fat

February 27th

Workout Equipment 101: Virtual Tour

March 27th

Are you chasing your Fitness Tail?

April 24th

Exercising with an Injury

May 22nd

Benefits of Water Training

June 26th

Off Season Training: You're done with your sports season... Now what?

July 24th

Exercising with Osteoporosis/ Osteopenia

August 28th

Exercising with Hypertension

September 25th

Cancer and Exercise

October 23rd

Benefits of Exercise on Metabolic Syndrome

November 27th

Exercising with Diabetes

December 11th

Debunking Popular Fitness Myths

The *Lifestyle*
Center
A division of Kaweah Delta Health Care District