

Soups on Us!

Come to an informal soup luncheon and learn from the professionals at Mahaska Health Partnership



These events will be held at the YMCA in the conference room and are FREE and open to the public (*a YMCA membership is not required*).

Soup is provided free of charge by MHP.

Portion Distortion

Thursday, March 15 • Noon to 1 pm

Lea Rice, RD, LDN, Speaker

Large portions lead to eating excess calories. Simple tips such as eating off smaller plates, using appropriate size glasses and measuring food for portion control can help. We'll compare portion sizes from 20 years ago to portion sizes today. You'll learn how the portion sizes have grown over the years, leading to an increase in obesity, heart disease and diabetes.

Hypertension

Thursday, March 29 • Noon to 1 pm

Renee Edgar, RN, Speaker

High blood pressure, or hypertension, is sometimes called the "silent killer" because it does not cause symptoms unless it is severely high. Major organ damage can occur without the patient's knowledge. Learn how you can lower your blood pressure.

Healthy Sleep

Thursday, April 12 • Noon to 1 pm

Kai Schwab, RPSGT, RST, Speaker

Why is sleep important for a healthy lifestyle? What are the new recommendations for the amount of sleep needed? Learn answers to these questions and about common sleep disorders (insomnia, sleep apnea, and restless leg syndrome) as well as current treatments.

Stop Diabetes in it's Tracks

Thursday, April 26 • Noon to 1 pm

Sharon Ferguson, RN, CDE & Lea Rice, RD, LDN, Speaker

Do you have a family history of diabetes? Have you been told you have pre-diabetes? Join us and learn how to be motivated to make lifestyle changes that can have a huge impact on your health!

Reservations are required.

Please RSVP to Lea Rice at (641) 672-3303.

