

# Memorial

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## Health & Lifestyle Center™

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For Immediate Release

### ***Healthy “Lunch Hour” Seminars for Local Businesses***

The health and fitness experts at Memorial’s Health & Lifestyle Center (HLC) offer interactive lunch-and-learn seminars for local businesses.

Sessions are taught by certified HLC experts and include plenty of get-up-and-go exercise as well. Sessions can last as long as a typical lunch hour, though some are much shorter. For instance, "6 Exercises Everyone Should Do" can be done in 20 minutes. Classes are offered throughout the work day for groups of all sizes. Options include:

- Cardiovascular Disease and Signs of a Heart Attack
- Beginning an Exercise Program: Don’t Ache, Feel Great!
- Food Portions: It’s Not What Fits in your Mouth, It’s What Fits in your Hand
- Exercise Errors: Your Junior High Phys Ed Teacher Could’ve Been Wrong!
- Living is Killing Me: Stress Management Strategies
- It’s All in the Numbers: Understanding Body Fat Percentages and BMI
- Put Some Sole Into It!: Walking Programs

To learn more, please contact Sarah Benjamin at 574-647-2654. Each session is \$75. The Health & Lifestyle Center is located at 111 W. Jefferson Blvd. in South Bend. Visit [www.HealthandLifestyleCenter.org](http://www.HealthandLifestyleCenter.org), [www.facebook.com/healthandlifestylecenter](http://www.facebook.com/healthandlifestylecenter), or [www.twitter.com/livefitnow](http://www.twitter.com/livefitnow).

#### About the Memorial Health & Lifestyle Center

The Memorial Health & Lifestyle Center offers personalized assessments, group exercise classes, pools, an indoor track and a full line of cardio equipment with FitLinxx®, weight equipment, personal training, basketball/volleyball and racquetball courts and massage therapy, along with babysitting services and free covered parking. The HLC also offers a unique 30-day unconditional money back guarantee. Corporate and “young professional” membership opportunities are also available.

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