

New Year, Healthier You



Join your friends at the Wellness Center as we kick off 2025 on the right foot! Each week we will explore a different way we can work to keep our minds and bodies healthy. We will also have special guests helping out each week from our Nutrition & Wellness team as well as our Community Outreach team. These classes will be highly interactive so come prepared to have some fun!

Dates: Thursdays (2/20 - 3/27)

Time: 5:30 – 6:30pm

Location: Desloge Outpatient Center, Building A,
Conference rooms 3

Instructor: Courtney Gehrer, LCSW, plus special guests

Class size: 18

Cost: \$25

Week 1: Rethink Your Drink

Week 2: Be Still to Chill – Basics of Meditation

Week 3: Hands Only CPR – Learn what to do in an emergency and how to perform hands only CPR to the funky beats of Stayin’ Alive

Week 4: Inside Out – Emotional Health

Week 5: Dining Out – Making Healthy Choices

Week 6: Foods to Fuel Our Bodies

To sign up, please complete the Microsoft Form that was sent via email. Registration is confirmed in the order that the form is completed.

Payment is expected no later than the end of the first week of classes. To pay with credit card, call 314-576-2300.

Email courtney.gehrer@stlukes-stl.com with any questions regarding classes or registration.