

Great New  
Year's  
Resolution  
Ideas/  
Activities!

SPECIAL



EDITION

# PARTNER SPOTLIGHT ON NUTRITION



Watching what you eat during the holidays may not sound appealing, but nutrition doesn't *have* to take a backseat while celebrating (and it may just be easier than you think!). Thanks to our Be Healthy QC Coalition members, we've compiled partner programs, tips, and activities that can be applied to your festivities now OR set the pace for that New Year's Resolution to create a healthier you! Keep in mind, this is just a sampling and any questions should be sent directly to partner contacts given.



Starting January 7th, 2020, UnityPoint Health - Trinity will host a 6-part Cooking With Heart class at their state-of-the-art Cardiac Nutrition Center on the Rock Island Campus. Be assured, it won't *only* be show and tell! You'll leave the series with tangible recipes, tips, and tricks for a changed lifestyle. [Register today!](#)

For nutrition, physical activity, and customized coaching help - you may also be interested in WeightAware. Call the [Trinity Wellness Department](#) to learn more or schedule your appointment.

Our University Extensions offer ideas for healthy habits each week! Just tune in to WOC 1420 AM Sundays at 10:30 a.m. or [download the podcast](#) while you're on the go ANY time.

The University of Illinois Extension educators also do a 5-minute or less "[Wellness Wake Up Call](#)" on WVIK most Wednesday mornings. They offer an [Extending Wellness program](#), too, where you can sign up for weekly health texts.

## EXTENSION SPOTLIGHT

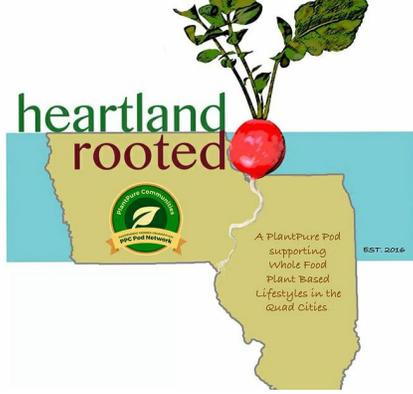
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& ENVIRONMENTAL SCIENCES

Decreasing cancer risk, preventing/reversing heart disease and diabetes, lowering cholesterol and blood pressure,



as well as promoting healthy weight loss are just some of the reasons to consider whole food plant-based eating. And you've got an educated support system right here in the Quad Cities!

Check out the [Heartland Rooted](#) group and join them for monthly potlucks, educational presentations, fellowship, and support.

The Genesis Health System Wellness Department has a variety of resources and experts focused on a healthier you. One successful online program they offer is [Naturally Slim](#). And don't let finances hold you back. Thanks to [Genesis Philanthropy](#), 150 scholarships are made available each year - providing this program for FREE! It's all designed to help you shift to long term lifestyle changes - by assisting with *how* you eat instead of necessarily *what* you eat. [Get started today!](#)

Bottom line: here's to a healthy wrap-up of 2019 and an even healthier 2020!

natura)(y)slim®



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STAY CONNECTED:

