

# Utah Cancer Control Program 2018

## Be Wise™ Classes They are FREE!

### HEALTH CLASSES

@ 11:00 AM



**JAN 10: DIABETES & BLOOD PRESSURE**  
**FEB 7: BLOOD PRESSURE**  
**MAR 7: CHOLESTEROL & BLOOD PRESSURE**  
**APR 4: MENTAL HEALTH**  
**MAY 2: DIABETES & BLOOD PRESSURE**  
**JUNE 6: BLOOD PRESSURE**  
**JULY 11: CHOLESTEROL & BLOOD PRESSURE**  
**AUG 8: MENTAL HEALTH**  
**SEPT 5: DIABETES & BLOOD PRESSURE**  
**OCT 10: BLOOD PRESSURE**  
**NOV 7: CHOLESTEROL & BLOOD PRESSURE**  
**DEC 5: MENTAL HEALTH**

### COOKING CLASSES

@ 11:00 AM



**JAN 31: Intro to MyPlate**  
**FEB 28: Meal planning & grocery shopping**  
**MARCH 28: Nutrition facts labels**  
**APRIL 25: Fruits and veggies**  
**MAY 30: Protein and food safety**  
**JUNE 27: Whole grains**  
**JULY 25: Smart beverage choices**  
**AUG 29: Healthy eating patterns**  
**SEPT 26: Meal planning & grocery shopping**  
**OCT 31: Nutrition facts labels**  
**NOV 28: Fruits and veggies**  
**DEC 19: Whole grains**

### CHOOSE to LOSE

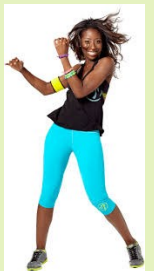
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**JAN 17: WEIGHT LOSS CLASS**  
**FEB 21: WEIGHT LOSS CLASS**  
**MAR 14: WEIGHT LOSS CLASS**  
**APR 11: WEIGHT LOSS CLASS**  
**MAY 16: WEIGHT LOSS CLASS**  
**JUNE 13: WEIGHT LOSS CLASS**  
**JULY 18: WEIGHT LOSS CLASS**  
**AUG 15: WEIGHT LOSS CLASS**  
**SEP 12: WEIGHT LOSS CLASS**  
**OCT 17: WEIGHT LOSS CLASS**  
**NOV 14: WEIGHT LOSS CLASS**  
**DEC 12: WEIGHT LOSS CLASS**

### ZUMBA CLASSES

@ 6:00 PM



**JAN 17: ZUMBA**  
**FEB 21: ZUMBA**  
**MAR 14: ZUMBA**  
**APR 11: ZUMBA**  
**MAY 16: ZUMBA**  
**JUNE 13: ZUMBA**  
**JULY 18: ZUMBA**  
**AUG 15: ZUMBA**  
**SEP 12: ZUMBA**  
**OCT 17: ZUMBA**  
**NOV 14: ZUMBA**  
**DEC 12: ZUMBA**

All classes are on a Wednesday & they are FREE at the Utah County Health Department  
151 S. University Avenue, Provo For more information call (801) 851-7031

\*Due to classes being taught by volunteers, they are subject to change without notice