

It's Time Again For
Marvelous
MONDAYS

It's the fall of the year and that means it's time again to begin the 2018-2019 Health and Wellness Seminars!

There have been a few changes and enhancements this year so please read this letter carefully!

There are two separate groups for Marvelous Mondays.

Chelsey Jackson, RD, LD, a registered dietician with Cleveland Clinic, will again lead these sessions!

All Sessions are held in the classroom at The Oak Clinic.

Registration is Required. All Sessions are FREE!

GROUP ONE—MONTHLY SESSIONS

Monthly Session Dates and Times:

- Monthly sessions will be held on the first Monday of the month-November 2018 through May 2019.
- Sessions are held from 1pm to 2pm. Healthy snacks and drinks will be served.

Monday, November 5 - 1pm to 2pm

Monday, December 3 – 1pm to 2pm

Monday, January 7, 2019 – 1pm to 2pm

Monday, February 4, 2019 – 1pm to 2pm

Monday, March 4, 2019 - 1pm to 2pm

Monday, April 1, 2019 – 1pm to 2pm

Monday, May 6, 2019 – 1pm to 2pm

Bi-Weekly Session Dates and Times For SELECT Group Only:

- **Up to twelve (12) monthly session attendees will be accepted in the Bi-Weekly Group.**
- Bi-Weekly Participants should be those patients who want to make significant changes in their diet and lifestyle. Goals will be set each session and the goals will be tracked and monitored.
- Participants will be required to have a Lipid Profile Blood Test, Weight and BMI Assessment and Blood Pressure Screening. Fasting will be required for these tests! Testing will be administered prior to the first meeting on Monday, November 5th at 12 noon and again at the last session on Monday, May 6th. There will be no cost to the participants! Tests will be administered and results will be tracked by a team from Cleveland Clinic.
- Only those patients who can commit to the entire series of sessions should register.
- Only MS patients will be accepted in this program.
- You must attend both the monthly sessions and the bi-weekly sessions.
- Sessions will be held immediately after the monthly sessions and from 2pm to 3pm in other weeks.

Monday, November 5 - 12pm to 3pm (Tests)

Monday, November 19 – 2pm – 3pm

Monday, December 3 – 2pm to 3pm

Monday, December 17 – 2pm – 3pm

Monday, January 7, 2019 – 2pm to 3pm

Monday, January 21, 2019 – 2pm to 3pm

Monday, February 4, 2019 – 2pm to 3pm

Monday, February 18, 2019 – 2pm to 3pm

Monday, March 4, 2019 - 2pm to 3pm

Monday, March 18, 2019 – 2pm to 3pm

Monday, April 1, 2019 – 2pm to 3pm

Monday, April 15, 2019 – 2pm to 3pm

GROUP TWO—BI-WEEKLY SESSIONS

Register NOW! Return the form or call Sue Arnold at 330-896-9625!

MARVELOUS MONDAYS

Registration Form

Please sign me up for the first Monthly Session to be held on Monday, November 5th at 1 pm.

Name(s) _____

Address _____

Phone _____ **Email (if available)** _____

_____ I am also interested in registering for the Bi-Weekly Sessions. I understand that I am signing up for the series of thirteen (13) sessions. I am willing to have a full lipid profile blood test, weight and BMI assessment and blood pressure screening done, at no cost to me.

Please tell us why you want to be enrolled in these Bi-Weekly Sessions:

Register NOW! Return the form or call Sue Arnold at 330-896-9625!