



## February 2016 Updates!

*Coming Up in February 2016*

**Choose to Lose: Weight Loss 101**

**Emotional Eating**

**Chronic Disease Self-Management**

**Calendar of Events**

**Spotlight: AHA Cooking Skills and Techniques**

### February is Heart Health Month!



Join us on February 4, 2016! We will have a special Smart Heart Presentation in English and Spanish. [Details here](#)

SPOTLIGHT ON:

## American Heart Association

February is Heart Health Month! Did you know the American Heart Association (AHA) has a whole website dedicated to healthy cooking? Check it out [here!](#)



## Choose to Lose: Weight Loss 101

Time to accomplish that New Year's resolution!

Join us for this empowering class. Reach your weight loss goal by starting with small realistic action plans.

### Topics include:

- Weight Loss Goals
- Nutrition Basics
- Reading a Food Label
- Emotional Eating



Classes are available in English and Spanish. [Learn more!](#)

### Here are some fun healthy facts:

Whether you grow your own or buy at the market, fresh herbs can wake up any recipe, along with your taste buds, with fresh and bold flavor, without adding salt flavor.

In its customary form, sautéing uses fats and oils to cook vegetables, seafood and meat. Slender sautéing uses a small amount of liquid, such as broth, wine, juice, or even plain water. Lots of recipes start with a sautéed onion.

It doesn't have to be summertime to enjoy the flavors of a good marinade! A marinade helps to tenderize food before it hits the grill.

Understanding how different flavors balance and counter balance each other can help you be more comfortable with cooking! [Learn more](#)

## Emotional Eating

### Do you know your eating triggers?

We don't always eat simply to satisfy hunger. We also turn to food for comfort, stress relief, or as a reward. Unfortunately, emotional eating doesn't fix emotional problems. Join us for this informative class.



#### Class topics include:

1. Healthy Eating
2. Excessive Eating
3. How to manage Emotional Eating
4. Other ways to deal with emotions without using food.

Classes are also available by appointment. [Details here.](#)

## Chronic Disease Self-Management

### 6 week self-management program

On March 3rd, we begin Chronic Disease Self-Management (6-week) Program. These workshops will be given on Thursdays for 2½ hours.



#### Topics include:

- Healthy eating
- Problem-solving for positive changes
- Relaxation techniques
- Improving communication
- Medication "how to's"

For more information [click here.](#)

## Calendar

### HEC's classes, presentations and services

Please click [here](#) to take a look at all of our upcoming events!



**Dignity Health.**

Community Hospital of San Bernardino  
St. Bernardine Medical Center