

Ask the Expert: Interactive Well-Being Workshop

2024 Virtual Class Schedule

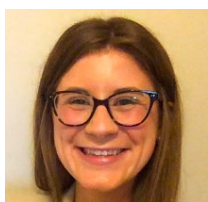
Ask the Expert classes are available to our Banner Medicare Advantage members at no cost. Classes will be available in March, April and May online on the third Thursday of each month.

These virtual classes require an internet connection, a computer and/or a phone. If you do not have an internet connection on a computer or phone, you can listen to the class on your phone.

Registration is *free* but required to reserve your seat or obtain the Microsoft Teams login information and phone number. The meeting information will be sent to registrants one to three days prior to the day of the class.

To register, please fill out the brief registration form on www.BannerHealth.com/MA-Wellness-Programs. For additional information or questions, please call our Customer Care Center. Our phone numbers and hours of operation are listed at the end of this document.

Date	Time	Class
3/21/2024	1 p.m.	Know Your Health Numbers <i>Presented by Alyssa Post</i> Through our everyday choices we do one of two things: we either build a healthy balance or create an unhealthy balance in our system.
4/18/2024	1 p.m.	Nutrition for a Healthy Heart <i>Presented by Susan Welter</i> Define heart disease and associated risk factors, review various types of cholesterols, discover how to reduce risk of heart disease, and understand how to follow a heart healthy diet.
5/16/2024	1 p.m.	Healthy Cooking <i>Presented by Dana Malone</i> Learn healthy cooking strategies, tips for stocking your kitchen, how-to tips and tricks and quick, healthy and delicious recipes.



Alyssa Post is a Registered Dietitian. Originally from Chicago, IL where she earned both a bachelor's and master's degree in nutrition and Dietetics.

Alyssa has a variety of clinical experience in acute and outpatient nutrition care, working with individuals to help manage chronic conditions like diabetes, heart disease, kidney disease, etc. Alyssa is passionate about meeting her patient's where they are to make the healthy choice, the easy choice.



Susan Welter has been a Registered Dietitian Nutritionist for 23 years and a Certified Diabetes Care and Education Specialist for 16 years. She has spent most of my career in outpatient care and community education. Susan is passionate about helping others, improve their health or prevent disease through lifestyle changes.



Dana Malone has been a Registered Dietitian for over 24 years. Through a career that has spanned all levels of care, Dana has learned the value of living a well-balanced life and is passionate about spreading this insight to everyone.

For accommodations for persons with special needs at meetings, language assistance services or alternate formats, please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Para acomodaciones para personas con necesidades especiales en juntas, servicios de asistencia lingüística o formatos alternativos, por favor llame a nuestro Centro de Atención al Cliente. Estamos abiertos de 8 a.m. a 8 p.m., los siete días de la semana.

Banner Medicare Advantage Dual HMO D-SNP: (877) 874-3930, TTY 711

Banner Medicare Advantage Prime HMO: (844) 549-1857, TTY 711

Banner Medicare Advantage Plus PPO: (844) 549-1859, TTY 711

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