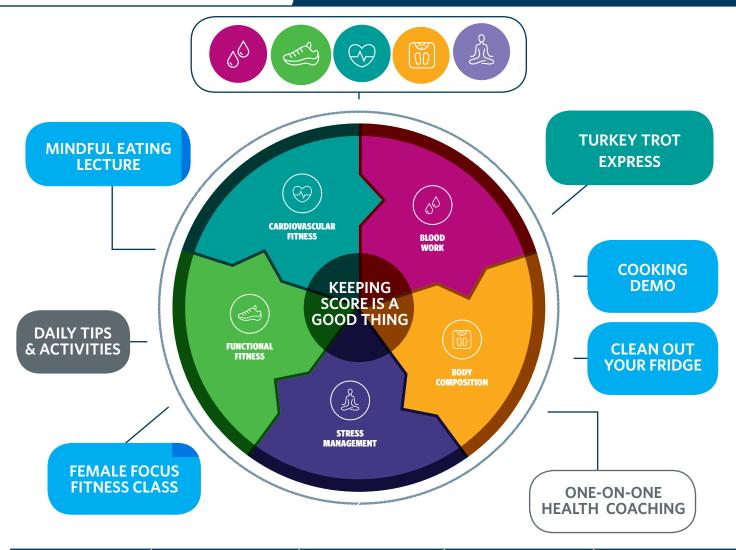


November 13-17 DIABETES



November 13 Monday	November 14 Tuesday	November 15 Wednesday	November 16 Thursday	November 17 Friday
Blood Work 6-8 a.m. 15-minute sessions	Blood Work 6-8 a.m. 15-minute sessions	Blood Work 6-9 a.m. 15-minute sessions	Blood Work 6-9 a.m. 15-minute sessions	Blood Work 6-8 a.m. 15-minute sessions
Functional Movement Screen 20 minutes	20-minute sessions	Cardiovascular Testing 20 minutes 9 a.mNoon	Turkey Trot Express 20minutes 8-10 a.m., 11 a.m1 p.m. and 4-6 p.m. One-on-One Coaching 20-minute sessions 2-4 p.m.	Cardiovascular Testing 20 minutes 8 a.mNoon
8-10 a.m. & 1:30-3:30 p.m. One-on-One Coaching 20-minute sessions		Body Composition 5 minutes 9 a.mNoon		Body Composition 5 minutes 8 a.mNoon
10 a.mNoon		Stress Questionnaire 5-10 minutes 9 a.mNoon		Stress Questionnaire 5-10 minutes 8 a.mNoon
		Clean Out Your Fridge 9 a.mNoon		Cooking Demo 6-8 p.m.
	Female Focus Class 1:50-2:45 p.m.	One-on-One Coaching 20 minutes 2-5 p.m.		
Daily Tips and Activities	Daily Tips and Activities	Daily Tips and Activities		Daily Tips and Activities

See complete Cooper Quest Week details on the back.

COOPER QUEST WEEK DIABETES NOVEMBER 13-17

MONDAY, NOVEMBER 13

BLOO 15-min

BLOOD WORK

15-minute sessions | 6-8 a.m. | CFC Lobby



FUNCTIONAL MOVEMENT SCREEN

15-minute sessions | 8-10 a.m. & 1:30-3:30 p.m.
Check in at the Cooper Quest table in the CFC Lobby

DAILY TIPS & ACTIVITIES

Stop by the Cooper Quest table for a goal-setting worksheet to guide you into winter. Share a photo of your motivation on Facebook with #CooperQuest for your chance to win a prize!

ONE-ON-ONE HEALTH COACHING 20-minute sessions | 10 a.m.-Noon | CFC Lobby

TUESDAY, NOVEMBER 14



BLOOD WORK

15-minute sessions | 6-8 a.m. | CFC Lobby



FUNCTIONAL MOVEMENT SCREEN

15-minute sessions | 2-5 p.m.

Check in at the Cooper Quest table in the CFC Lobby

DAILY TIPS & ACTIVITIES

Power your path by attending our nutrition lecture and Female Focus class.

ONE-ON-ONE HEALTH COACHING

20-minute sessions | 10 a.m.-Noon | CFC Lobby

PREVENTING DIABETES WITH MINDFUL EATING LECTURE

Katherine Nashatker, RDN, LD, CDE

Learn practical nutrition tips to support a healthy body weight and reduce the risk of developing type 2 diabetes.

Noon-1 p.m. | CFC Conference Room

FEMALE FOCUS FITNESS CLASS

Colette Cole, Professional Fitness Trainer Health and fitness tailored for women. Enjoy a Female Focus small group strength-training circuit class and

learn how the program provides tools for weight loss and disease management.

1:50-2:45 p.m. | Aerobics Studio



Register for events on the Cooper Quest web page, on the CFC Member App or at the Service Desk.

WEDNESDAY, NOVEMBER 15



15-minute sessions | 6-9 a.m. | CFC Lobby



CARDIOVASCULAR FITNESS SCREENING

20-minute sessions | 9 a.m.-Noon | CFC Lobby



BODY COMPOSITION

5-10 minutes | 9 a.m.-Noon | CFC Lobby



STRESS QUESTIONNAIRE

5-10 minutes | 9 a.m.-Noon | CFC Lobby

Daily tips & activities

It's National Clean Out Your Refrigerator Day. Visit the Cooper Quest table and pick up tips to clean out your fridge and pantry and move healthy foods front and center.

ONE-ON-ONE HEALTH COACHING 20-minute sessions | 2-4 p.m. | CFC Lobby

THURSDAY, NOVEMBER 16



BLOOD WORK

15-minute sessions | 6-9 a.m. | CFC Lobby



TURKEY TROT EXPRESS

Come "trot" around the track to determine your VO2 score. Walk one mile or run 1.5 miles and receive a prize.

20-minute sessions

8-10 a.m., 11 a.m.-1 p.m. & 4-6 p.m.

Outdoor Track (meet by the pool)

FRIDAY, NOVEMBER 17



BLOOD WORK

15-minute sessions | 6-8 a.m. | CFC Lobby



CARDIOVASCULAR FITNESS SCREENING

20-minute sessions | 8 a.m.-Noon | CFC Lobby



BODY COMPOSITION

5-10 minutes | 8 a.m.-Noon | CFC Lobby



STRESS OUESTIONNAIRE

5-10 minutes | 8 a.m.-Noon | CFC Lobby

DAILY TIPS & ACTIVITIES

Come by the Cooper Quest table to recap on the week and pick up anything you missed!

COOKING DEMO

Cindy Kleckner, RDN, LD

Nutrition is pivotal to diabetes care. Enjoy preparing quick and easy recipes incorporating healthy fats. We'll also discuss the Nutrition Facts on food labels, carb counting, proper serving sizes and how popular sweeteners compare.

6-8 p.m. | Cedars Woodfire Grill