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SANSUM CLINIC KICKS OFF HEALTHY EATING-ACTIVE LIVING CLASSES

January 2, 2020 (Santa Barbara, CA) – For community members who are pre-diabetic, have high blood sugar or high cholesterol levels, want to lose weight or would like to become better-informed about nutrition and health, Sansum Clinic is offering a new series of **Healthy Eating Active Living (HEAL)** classes, led by registered dietitian nutritionist Gerri French, MS, RDN, CDE. The classes help participants choose healthy foods, squeeze exercise into busy schedules, manage stress, survive the supermarket and dine out in a healthy way. *“The classes give people the opportunity to practice what they learn each week and share it with like-minded folks,”* explains Gerri. *“The focus is completely positive.”* Participants develop lifestyle goals to follow and return each week to review the results. *“Gerri has an intimate knowledge of healthy foods and nutrition. I’m always pleasantly surprised at what she plans for each and every class,”* says HEAL student Les Benson.

The 6-week program is held on Wednesday mornings 10:30 am – 12:00 noon and Wednesday evenings 5:15 pm to 6:45 pm, from February 12 to March 18 at 317 West Pueblo Street, Santa Barbara, in the lower level multi-purpose room. The meetings are open to anyone in the community and the \$40 program fee is fully refunded with 100% attendance. No one is turned away regardless of ability to pay. Space is limited however and advance registration is required by calling the Sansum Clinic Health & Wellness Directory (805) 829-0909 or by registering online at www.SansumClinic.org/health-and-wellness.

About Sansum Clinic

Since its founding in 1921, Sansum Clinic has been improving the overall health of its patients by providing the latest innovations in equipment, technology, procedures and treatments. Sansum Clinic is the largest independent nonprofit healthcare organization between the Los Angeles Basin and the San Francisco Bay Area. With more than 220 affiliated physicians, Sansum Clinic serves more than 130,000 patients (800,000) annually at our 22 patient care facilities in south Santa Barbara County. To learn more, please visit www.sansumclinic.org.