



January 15

Understanding Food Lingo: (GMO/ non-GMO, Organic, Gluten-free, Antioxidant, Probiotic, Prebiotic, Cage Free)

Kris Kreiner, BS, RD, Registered Dietitian, Diabetes Quality Coordinator, McKenzie Health System

February 19

Get the Basics: Newborn Care, Breastfeeding, Postpartum Care

Megan Mason, BS, RN, CLS, Sanilac County Health Department

March 19

Start Moving: Exercise is Everywhere

Bethany Gornowicz, ISSA Certified Personal Trainer, Prosper Nutrition Certified Nutrition Coach, Precision Nutrition Certified Nutrition Coach, Certified Enlified Mindset Coach, General Manager and Coach at Taylor Hutchinson Fitness

April 16

Container Gardening

Mary Martin, Master Gardener

May 21

Adults Living with ADHD

Christian Wright, Care Manager, Sanilac County Community Mental Health

June 18

Fairy Gardens for Fun

Jen Gezequel, Community Member & Fairy Garden Expert

July 16

Cooking with Kids

Erin Carlson, Sandusky Community Schools, Teacher/Key Club/National Honor Society Sponsor

August 20

Alzheimer Support

Douglas Lobdell, LBSW, Alzheimer's Association

September 17

Hidden in Plain Sight

Stephanie L. Ludington, BS, Prevention Specialist, Sanilac County Health Department

October 15

Stroke Awareness: Be F.A.S.T.

Rebecca Stoliker, BSN, RN, Director of Nursing Services, McKenzie Health System

November 19

Self Care During the Holidays

Tabitha Jensen, LLMSW, Clinical Coordinator, Sanilac County Community Mental Health

All events take place in-person 12:00 - 1:00 p.m. in the McKenzie Dining Room.

Virtual option available.

For more information, visit www.McKenzieHealth.org or call 810-648-6117.

Healthy Living...Together is a project that was developed by McKenzie Health System in collaboration with the Sanilac County Health Department, MSU Extension, Great Start Collaborative Sanilac, and Sanilac County Community Mental Health to help you on your path to a healthier life.

Get Out, Get Fit! 2025 McKenzie Fitness Classes

Senior Exercise

January 6 - March 14

March 24 - May 30

September 8 - November 14

Open Door Missionary Church
Tuesdays and Thursdays @ 9:00 a.m.

Lexington United Methodist Church
Mondays and Wednesdays @ 9:00 a.m.

\$20 Donation

Tai Chi

April 14 - May 19

June 2 - July 28

August 11 - September 22

September 29 - November 17

Bark Shanty (Port Sanilac)
Mondays @ 10:00 a.m.

Open Door Missionary Church (Sandusky)
Tuesdays @ 10:00 a.m.

East Side Manor Apartments (Sandusky)
Tuesdays @ 12:30 p.m.

Lexington Senior Dining Center
Wednesdays @ 1:00 p.m.

60 & Over: FREE

Under 60: \$5.00/class

Walking Track

McKenzie Rehabilitation

170 W Argyle St,
Sandusky, MI 48471
810-648-0210

Monday - Thursday
5:00 p.m. - 7:00 p.m.

Cost: FREE (no registration required)

Aqua Aerobics at McKenzie Health & Wellness (170 W. Argyle Street)

You may work at your own pace in the deep or shallow end of the pool; each class utilizes different equipment.

2025 Session Schedule

January 6 - February 28

Session 1 (8 weeks)

March 10 - May 2

Session 2 (8 weeks)

May 12 - July 3

Session 3 (8 weeks)

July 14 - September 5

Session 4 (8 weeks)

September 15 - November 7

Session 5 (8 weeks)

November 17 - December 19

Session 6 (5 weeks)

Early Birds (6:00 and 7:00 a.m.)

Arthritis Friendly (8:00 a.m.)

Deep Water Warriors (9:00 and 10:00 a.m.)

Aqua Athletics (11:00 a.m.)

Water Walkers (12:30 p.m.)

Run, Jump, Splash (1:30 p.m.)

Evening Energizers (5:00 p.m.)

Bump Set Spike (6:00 p.m.)

	M	Tu	W	Th	F
6:00 - 7:00 am	X		X		
7:00 - 8:00 am	X		X		
8:00 - 9:00 am		X		X	
9:00 - 10:00 am		X		X	
10:00 - 11:00 am		X		X	
11:00 - 12:00 pm		X		X	
12:30 - 1:30 pm		X		X	
1:30 - 2:30 pm		X		X	
5:00 - 6:00 pm	X	X	X	X	
6:00 - 7:00 pm	X		X		

Session Options

Frequency	5 week	8 week
1x/week	\$25.00	\$40.00
2x/week	\$50.00	\$80.00
3x/week	\$75.00	\$120.00
4x/week	\$100.00	\$160.00
5x/week	\$125.00	\$200.00

Pre-Registration Required.

Call 810-648-6117 for more information & registration. Schedule subject to change.



www.McKenzieHealth.org