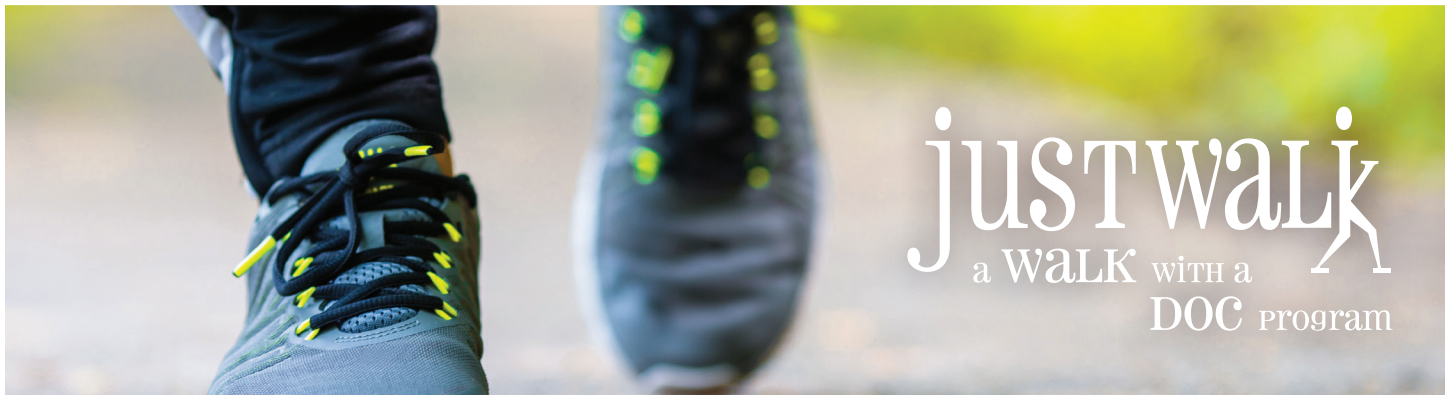


Healthy Taylor: Taking Steps to Better Health



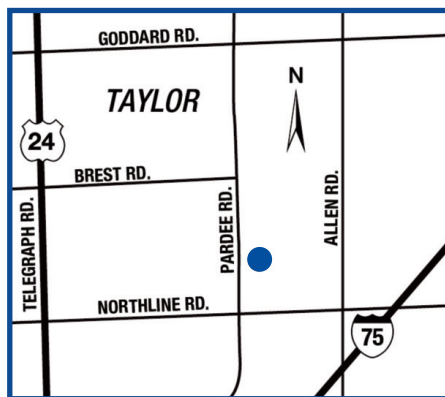
Walking is good medicine

Walking for as little as 30 minutes a day can: reduce your risk of heart disease, improve blood pressure, lower blood sugar levels and help you feel better.*

Healthy Taylor wants to help you make walking a part of your fitness routine. Join Beaumont doctors and officials to improve your health at the next community walk event.

All walks begin at 12:30 p.m.

For more information, call Ruth Sebaly at 313-412-0567.



City of Taylor, Heritage Park
12111 Pardee Road, Taylor



Schedule is subject to change. Alternate rain location is Taylor Recreation Center, 22805 Goddard Road, Taylor, MI.

** American Council on Exercise*

Healthy Taylor Walk with a Doc

June 9

How to increase physical activity in a busy day
Caira A. Prince, Ph.D., MCHES

June 30

Mindfulness for health and wellbeing
Lucy Sternburgh, Ph.D., RCEP

July 14

Stress management
Philip Tyler Roskos, Ph.D.

Aug. 11

How to make physical activity a routine with family and friends
Caira A. Prince, Ph.D., MCHES

Aug. 25

Diabetes
Shabana Khan, M.D.



Sept. 15

How to remain physically active in the winter months
Caira A. Prince, Ph.D., MCHES

Healthy Taylor Walk with our Officials

June 2

Taylor Mayor Rick Sollars



June 16

Senator Hoon-Yung Hopgood

July 7

Congresswoman Debbie Dingell

July 21

Michigan State Representative
Erika Geiss



Aug. 4

Chief of Police Mary Sclabassi

Beaumont

Taylor Farmers Market: Walk With a Doc

June 9

How to increase physical activity in a busy day

Caira A. Prince, Ph.D., MCHES

With our busy schedules of work, family and things to do, it is hard to find time for physical activity. Learn tips and tricks of how to squeeze physical activity into your day.

June 30

Mindfulness for health and wellbeing

Lucy Sternburgh, Ph.D., RCEP

Mindfulness practice can help us live our lives in this moment with awareness instead of on automatic pilot or solely in the past or future. Many of the side effects of mindfulness meditation found in scientific research include decrease in psychological symptoms such as anxiety and depression, as well as greater stability in physical symptoms such as blood glucose levels and blood pressure. Learn what mindfulness is, as well as the formal and informal ways of cultivating it.

July 14

Stress management

Philip Tyler Roskos, Ph.D.

Philip Tyler Roskos, Ph.D., will focus on defining stress, identifying things that can cause stress and discussing effective methods for coping with stress. The learning goals for participants include developing a better understanding of sources of stress in their lives, how stress can affect functioning and ways to reduce the potential negative impacts of stress.

Aug. 11

How to make physical activity a routine with family and friends

Caira A. Prince, Ph.D., MCHES

Being active by yourself can be boring and isolating, but participating in physical activity with friends and family can not only engage you socially but increase your health. Join Caira Prince, Ph.D., MCHES, for an enlightening conversation on making physical activity a group activity.

Aug. 25

Diabetes

Shabana Khan, M.D.

Learn more about diabetes in this informative conversation from a local expert. Shabana Khan, M.D., will help you better understand diabetes and how to live an active productive life with diabetes.

Sept. 15

How to remain physically active in the winter months

Caira A. Prince, Ph.D., MCHES

Don't let the windchill put a chill on your activities. We live in Michigan; we have to be physically active all year long. You'll learn ways to remain active during the winter months.

Caira A. Prince, Ph.D., MCHES, manages obesity prevention programs at Beaumont while contributing as an adjunct professor and curriculum developer at local and remote universities. She is a master-certified health education specialist and certified intrinsic health coach. She holds a doctorate in health education from A.T. Still University, Master of Exercise Science in health science from Oakland University and a Bachelor of Science in human movement science from Bowling Green State University. Dr. Prince has worked in the health and wellness industry for the past 14 years. She is an advocate for healthy living at any age.

Lucy Sternburgh, Ph.D., RCEP, is Program Manager, Mindfulness for Bwell, Employee Wellness at Beaumont. Dr. Sternburgh is a registered clinical exercise physiologist, with extensive training as a mindfulness based stress reduction teacher through the UMASS Center for Mindfulness in Medicine, Healthcare & Society.

Philip Tyler Roskos, Ph.D., is a board-certified clinical neuropsychologist who provides clinical services to patients on the rehabilitation units at Beaumont, Taylor, as well as with outpatients in multiple clinic locations in the metro Detroit area. He is also an associate clinical professor of physical medicine and rehabilitation at Wayne State University in the School of Medicine. Dr. Roskos has a doctoral degree in clinical psychology from Saint Louis University in St. Louis. He completed internship training at Rush University Medical Center in Chicago, and fellowship training at Baylor College of Medicine and TIRR/Memorial Hermann Hospital in Houston.

Shabana Khan, M.D., is board certified in internal medicine. She is affiliated with Beaumont Hospital, Dearborn, and Beaumont Hospital, Taylor.

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