

# Lutheran hosts Living Healthier

By Connie Gorrell  
for Fort Wayne Newspapers

Here's something to chew on: Almost every major medical condition is affected in some way by what you eat. Think of diabetes, heart disease or diverticulitis to name a few. The right diet can help, and the wrong one can hurt.

Can you recall a time when your doctor said to you, "Let me give you a list of the foods that will help you feel better"? Has he or she accompanied you to the grocery to fill your cart with the "right stuff"? Probably not, that is, unless you are married or related to your physician.

Enter the next best thing: the Living Healthier series. These free events are held at 6:30 p.m. the fourth Wednesday of each month from April through October at Kachmann Auditorium on the campus of Lutheran Hospital.

The brainchild of Dr. Peter Hanley, a cardiologist with the Heart Center Medical Group, this series was born from urgent need for community education. In its fourth year, the focus of the Living Healthier series is on nutrition, resulting from data that reveals Indiana as a national leader in obesity today. "Obesity is directly related to the incidence of heart disease and diabetes," Hanley said. "People need to know that some choices are simply unhealthy."

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Upcoming topics will address nutritional factors such as fats, carbohydrates and proteins as well as dieting, meal planning, recipe modification and nutritional supplements.

Joining Hanley in presenting these topics are Stacie Wenk, M.D., and registered dietitian Barb Minger. Visit

[www.livinghealthierseries.com](http://www.livinghealthierseries.com) for the schedule of events. Admission is free with the request of a donation of non-perishable food items for the Community Harvest Food Bank. For more information call (260) 434-6095.

Hanley or Wenk may not accompany you personally to the grocery. But they will help you become nutritionally savvy enough to make smart choices and enjoy yourself while living healthier.