

provided by: **UW Health**
University of Wisconsin
Hospital and Clinics



TO A
Healthy You
IN 2011

PRESENTED BY: DONNA WEIHOFEN RD, MS

Live better and lighten up in 2010! One of the goals for most of us is a healthy weight but "diet" is a bad 4 letter word. What are the key eating and exercise tips that lead to VICTORY over weight gain for a better you?



FOCUS
ON YOUR
HEART

PRESENTED BY: JEAN REICHE, MS, RD

As the No. 1 killer of women, heart disease claims the life of nearly one woman every minute. But, it doesn't have to. Go Red For Women knows that, with awareness and education, we can help women make small, simple choices each day to live longer, healthier lives.

Super
Foods



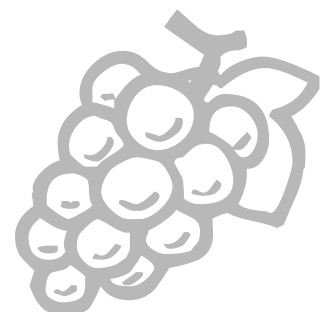
PRESENTED BY: MEGAN DOBESH RD

Food or beverages that have been labeled a "super food" have characteristics that may potentially fight certain diseases. Which health claims are facts? Join the discussion, and get several recipes that incorporate these powerful foods!

Organic Food:
Is it worth the money

PRESENTED BY: MEGAN WALTZ

What does organic really mean? What is the difference between organic and natural? Explore the benefits of organic foods and discuss which ones are worth investing in today!



EAST

JANUARY Nutrition *Counseling Classes*

TUESDAY 1/4	TUESDAY 1/11	TUESDAY 1/18	TUESDAY 1/25	
5:30pm Focus on Your Heart	5:30pm Organic Food: Is it worth it?	5:30pm Super Foods	5:30pm To a Healthy You in 2011!	

FEBRUARY Nutrition *Counseling Classes*

TUESDAY 2/1	TUESDAY 2/8	TUESDAY 2/15	TUESDAY 2/22	
5:30pm Focus on Your Heart	5:30pm Organic Food: Is it worth it?	5:30pm Super Foods	5:30pm To a Healthy You in 2011!	

MARCH Nutrition *Counseling Classes*

TUESDAY 3/1	TUESDAY 3/8	TUESDAY 3/15	TUESDAY 3/22	TUESDAY 3/29
5:30pm Focus on Your Heart	5:30pm Organic Food: Is it worth it?	5:30pm Super Foods	5:30pm To a Healthy You in 2011!	NO CLASS

APRIL Nutrition *Counseling Classes*

TUESDAY 4/5	TUESDAY 4/12	TUESDAY 4/19	TUESDAY 4/26	
5:30pm Focus on Your Heart	5:30pm Organic Food: Is it worth it?	5:30pm Super Foods	5:30pm To a Healthy You in 2011!	