

## FAQs about Food and Nutrition?

PRESENTED BY:

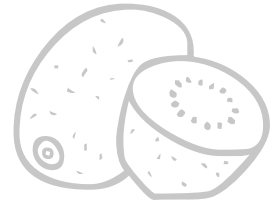
LIZ FREITICK RD, MA

What are the healthiest foods to eat? Is chocolate really good for you? Does diet soda make you fat? Are organic foods more nutritious? Find answers to these and many more frequently asked questions about food and nutrition.

## EATING TO PREVENT TYPE 2 DIABETES

PRESENTED BY: MARY LAMON-SMITH, MS, RD, CDE, CD

Come to learn about "Smart Carbs" and eating strategies to help prevent being diagnosed with this increasingly common disease. Do you have a family history of diabetes, struggle with high stress or have a friend or family member with diabetes? This class is for you!



## calcium and vitamin d

PRESENTED BY:

KRISTINA PENNISTON PHD, RD, CD

The Institute of Medicine recently revised recommendations for calcium and vitamin D. Find out how these changes may impact you and why these nutrients are important to your health.

## Performance Nutrition for Athletes

LINDSAY HASKINS-KNIESLER, RD, MS

For anyone training for a marathon or sport, learning to eat right can be challenging. In this class you will learn the best foods to help you fuel your workouts and competitions, for all your training goals. You will also learn how to eat to help your body recover faster so you can stay your best from day to day.

# WEST

## JANUARY Nutrition *Counseling Classes*

TUESDAY 1/4	TUESDAY 1/11	TUESDAY 4/18	TUESDAY 1/25	
<b>5:30pm</b> Eating to Prevent Type 2 Diabetes	<b>5:30pm</b> Calcium and Vitamin D	<b>5:30pm</b> Sports Performance	<b>5:30pm</b> FAQ about Food and Nutrition	

## FEBRUARY Nutrition *Counseling Classes*

TUESDAY 2/1	TUESDAY 2/8	TUESDAY 2/15	TUESDAY 2/22	
<b>5:30pm</b> Eating to Prevent Type 2 Diabetes	<b>5:30pm</b> Calcium and Vitamin D	<b>5:30pm</b> Sports Performance	<b>5:30pm</b> FAQ about Food and Nutrition	

## MARCH Nutrition *Counseling Classes*

TUESDAY 3/1	TUESDAY 3/8	TUESDAY 3/15	TUESDAY 3/22	
<b>5:30pm</b> Eating to Prevent Type 2 Diabetes	<b>5:30pm</b> Calcium and Vitamin D	<b>5:30pm</b> Sports Performance	<b>5:30pm</b> FAQ about Food and Nutrition	

## APRIL Nutrition *Counseling Classes*

TUESDAY 4/5	TUESDAY 4/12	TUESDAY 4/19	TUESDAY 4/26	
<b>5:30pm</b> Eating to Prevent Type 2 Diabetes	<b>5:30pm</b> Calcium and Vitamin D	<b>5:30pm</b> Sports Performance	<b>5:30pm</b> FAQ about Food and Nutrition	