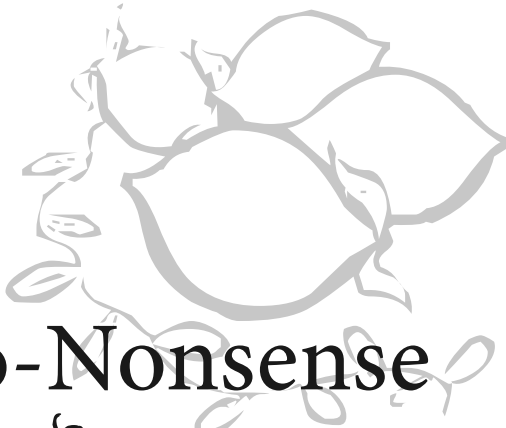


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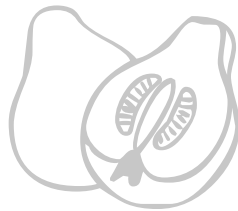
A No-Nonsense *Approach to Eating Well*

PRESENTED BY:

DIANE OLSON MS, RD, CDE

Do you get confused by all the nutrition guidelines and long for a simple approach to eating healthy? Come to learn a simple visual approach to meal planning that you can build into your busy lifestyle.

Where is the salt in your diet?



PRESENTED BY:

MARGE MORGAN RD, MS

More than three - quarters of the sodium people consume comes from processed and restaurant foods. Some of these foods do not even taste salty. Learn what to look for on the label and how to prepare and order food to reduce your total sodium intake.

Discovering **the benefits of whole grains**

PRESENTED BY: JOANNA OTIS RD, CD

Whole grains can reduce health risks associated with heart disease, some cancers, and diabetes. Whole grains can also improve digestive health and promote healthy weight management. Give your health a boost today and discover more ways to add whole grains!

Omega 3's: **For Your Good Health**



PRESENTED BY KELLY NUCKOLLS MS, RD

The findings are clear that omega-3 rich foods reduce the risks related to heart disease in both men and women. Exciting news is emerging about the benefits your whole body can reap by eating more fish, nuts, flax seed and dark, leafy greens. Come and discover ways to integrate this important nutrient into your everyday eating.

EAST

MAY Nutrition *Counseling Classes*

TUESDAY 5/3	TUESDAY 5/10	TUESDAY 5/17	TUESDAY 5/24	TUESDAY 5/31
5:30pm A No-Nonsense Approach to Eating Well	5:30pm Discovering the Benefits of Whole Grains	5:30pm Where is the Salt in Your Diet?	5:30pm Omega 3's For Your Good Health	NO CLASS

JUNE Nutrition *Counseling Classes*

TUESDAY 6/7	TUESDAY 6/14	TUESDAY 6/21	TUESDAY 6/28	
5:30pm A No-Nonsense Approach to Eating Well	5:30pm Where is the Salt in Your Diet?	5:30pm Discovering the Benefits of Whole Grains	5:30pm Omega 3's For Your Good Health	

JULY Nutrition *Counseling Classes*

TUESDAY 7/5	TUESDAY 7/12	TUESDAY 7/19	TUESDAY 7/26	
5:30pm A No-Nonsense Approach to Eating Well	5:30pm Where is the Salt in Your Diet?	5:30pm Discovering the Benefits of Whole Grains	5:30pm Omega 3's For Your Good Health	

AUGUST Nutrition *Counseling Classes*

TUESDAY 8/2	TUESDAY 8/9	TUESDAY 8/16	TUESDAY 8/23	TUESDAY 8/30
5:30pm A No-Nonsense Approach to Eating Well	5:30pm Where is the Salt in Your Diet?	5:30pm Discovering the Benefits of Whole Grains	5:30pm Omega 3's For Your Good Health	NO CLASS Optional For A Make Up Class