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SUGAR MYTHS & TRUTHS

PRESENTED BY:


DIANE OLSON MS, RD, CDE

Many have heard a message to avoid all sugar, but what about natural sugar? Fruit contains sugar...is that bad? Do you wonder how much sugar you consume? Let's sit down and talk about sugar and find out if you are meeting the recommendations.

SNACK YOUR WAY TO Health

PRESENTED BY:

ALICIA BOSSCHER MPH, RD, CD



Snacking can get a bad rap, but it doesn't deserve it! Come learn about when to snack and what to snack on in order to keep your body's metabolism humming throughout the day. You'll leave with confidence in your ability to choose the right snacks in the right portions.

To a Healthy You in 2012



PRESENTED BY:

DONNA WEIHOFEN RD, MS

Live better and lighten up in 2012! One of the goals for most of us is a healthy weight but "diet" is a negative, 4 letter word. What are the key eating and exercise tips that lead to VICTORY over weight gain for a better you?

Eat This, BURN THAT

PRESENTED BY: JEAN REICHE MS, RD

Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. With this growth have come increases in waistlines and body weight. Come to learn about the amount of physical activity required to burn off the extra calories provided by today's portions.

EAST

JANUARY Nutrition *Counseling Classes*

TUESDAY 3	TUESDAY 10	TUESDAY 17	TUESDAY 24	TUESDAY 31
5:30pm Sugar-Myths & Truths	5:30pm To a Healthy You in 2012	5:30pm Snack Your Way To Health	5:30pm Eat This Burn That	5:30pm NO CLASS

FEBRUARY Nutrition *Counseling Classes*

TUESDAY 7	TUESDAY 14	TUESDAY 21	TUESDAY 28	
5:30pm Sugar-Myths & Truths	5:30pm To a Healthy You in 2012	5:30pm Snack Your Way To Health	5:30pm Eat This Burn That	

MARCH Nutrition *Counseling Classes*

TUESDAY 6	TUESDAY 13	TUESDAY 20	TUESDAY 27	
5:30pm Sugar-Myths & Truths	5:30pm To a Healthy You in 2012	5:30pm Snack Your Way To Health	5:30pm Eat This Burn That	

APRIL Nutrition *Counseling Classes*

TUESDAY 3	TUESDAY 10	TUESDAY 17	TUESDAY 24	
5:30pm Sugar-Myths & Truths	5:30pm To a Healthy You in 2012	5:30pm Snack Your Way To Health	5:30pm Eat This Burn That	