



# Are you ready for Summer Eating?

Summer is a challenging time for eating right. Summer barbeques, festivals, parties, camping Can you still do these things and eat right? (YES!)

## **FREE** Nutritional Counseling Sessions

### Session 1: **How to Eat in Summer**

How to plan  
Take Advantage of Foods in Season  
Components of a Balanced Meal  
Exercise to Combat Special Occasions



### Session 2: **Eating Out during the Summer**

Portion Distortion  
Popular Restaurants and Selections  
Healthy Dining Tips  
Exercise to Combat Special Occasions



All Sessions Held on Thursdays at 6:00 pm in Community Room

April	May	June
4/08 - Session 1	5/13 - Session 1	6/10 - Session 1
4/22 - Session 2	5/27 - Session 2	6/24 - Session 2

*With Dietitian Kelly Gaouette*