



A BETTER LIFE

JUMP START YOUR HEALTH

This six-week class will:

- Teach you the basics of healthy eating, learn how to plan and cook quick and easy meals with a cooking class. Recognize what portions should look like and how to determine what and how much you should be eating. There will be a focus on exercise and goal setting and also a grocery store tour to learn how to navigate the aisles.
- Include two BIA (Bio-impedance Analysis), to measure body fat, one at the beginning and one at the end to allow for personal meal plans and calorie guidelines.

Class 1 – Personal Meeting with Registered Dietitian and body fat measurement

Class 2 – Nutrition 101 – Mediterranean Diet

Class 3 – What's for Dinner? How to Plan Healthy Meals and Cooking Demonstration

Class 4 – Navigating the Grocery Store

Class 5 – Exercise and Goal Setting for Long Term Results

Class 6 – Personal Meeting with Registered Dietitian and final body fat measurement

For more information or to register, call 663-4524.


Live Better!