For more information, please contact
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Nutrition and Wellness

MyPlate and the food groups
Portion Size/Portion Distortion
Reading Food Labels
Sodium, fats, sugars, carbs, and fiber
Chronic disease prevention and management
Meal Planning on a Budget
Impact of nutritional choices on overall health
Grocery Store Tour
Eating for the Holidays
Eating Disorders
Fad Diets
Modifying Recipes
Energy Drinks
Making Healthier Beverage Choices
Night-Eating

Wellness and Wellness

Time management
Stress management
Self Esteem and Body Image
Physical Activity Benefits
Setting SMART Goals
Heart Health
Physical activity (exercises, stretches, etc.)

“Other Topics of Interest”

Programs

FIT (Forever Improving Through) Wellness Series
Keeping the Pressure Down (High Blood Pressure)
Prevent T2 (Diabetes Prevention)
Take Charge of Your Diabetes (Diabetes Maintenance)
Build Your Bones (Osteoporosis Prevention)