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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  
“Other Topics of Interest”

**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)

