This series on nutrition for better health does not focus on the number on the scale, but on making lifelong dietary changes for you and your family. Good nutrition is the foundation for preventing chronic diseases such as diabetes and by the end of the program you should be able to better control portion sizes, understand food labels, manage cooking habits and prevent cravings. This eight week program includes eight 60-minute group sessions with lecture and break-out sessions. A customized workbook is provided for each participant that includes calorie recommendations, physical activity recommendations and tools for implementing techniques learned.

Eight Sessions for Success:

- September 22 Session 1 – Back To Basics
- September 29 Session 2 – Nutrition Fact or Fiction
- October 6 Session 3 – Functional Foods
- October 13 Session 4 – “Free From”
- October 20 Session 5 – Food for a Healthy Brain
- October 27 Session 6 – Food and Mood
- November 3 Session 7 – Digestive Wellness
- November 10 Session 8 – Customize your Diet

Presented by: Julie Barbaro, Registered Dietitian

THE UNIVERSITY OF RICHMOND AND HCA VIRGINIA PRESENT OPTIMAL HEALTH THROUGH NUTRITION II

Onsite 8-week Nutrition Workshop

September 22 - November 10
Tuesdays from 12 - 1 p.m.
Weinstein Center, Classroom 202

September 15 - Pre-Screening

- A customized workbook is provided for each participant that includes calorie recommendations, physical activity recommendations and tools for implementing techniques learned.

- Registration is open to a maximum of 25 full time employees and can be completed at the Weinstein Center Member Service Desk. Registration opens on Monday, August 10.

For further questions, please contact Heather Sadowski at hsadowski@richmond.edu

OPTIMAL HEALTH THROUGH NUTRITION
HCA VIRGINIA WORKPLACE WELLNESS