

Nutrition Seminars

New Topics for 2011

Nutrition on the Internet

Nutrition and medical information at your fingertips via the world wide web. How do you separate scientific truth from personal opinion? Learn how to select credible websites for nutrition information.

Making Dinner Easy

Struggling with the question "what's for dinner?" Learn how to make simple, healthy, tasty meals that will save you time and money.

Healthy Weight for Life

Determine your healthy weight and learn strategies for achieving it and maintaining it, permanently.

Eating for Energy

What you eat, how much you eat and when you eat may be impacting your energy levels. Learn how to improve your energy through healthier eating.

Eat to the Beat of a Healthy Heart

Keep your cholesterol in check, your blood pressure under control and decrease your risk of heart disease through these healthy diet strategies. Topics include: types of fat, omega-3, bre, and sodium.

Nutrition Facts and Figures

You are what you eat. Learn how to read and interpret nutrition facts tables and ingredient lists when grocery shopping, making food choices etc.

Figuring out the Food Court (and other restaurant menus)

Eating out can be a part of a balanced lifestyle. Learn how to read menus and make choices in line with your personal and nutritional goals.

Nutrition Seminar: \$300. Book 3 seminars within 1 calendar year and receive a \$150 discount.



For more information:
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