



# Nutrition Classes

TheraCORE presents a 3-part nutrition series with the HOT topics in nutrition. Sign up for all 3 and pay a discounted price of \$50 or sign up for one or two classes for \$20 each. Classes are taught by TheraCORE's Nutrition Consultant, Kim Kramer, RD, LDN.

**Tuesday, February 7<sup>th</sup> @ 7pm:**

***"Meal Planning Tips":** Learn what it takes to make quick, easy and inexpensive meals at home that are healthy AND taste great!*

**Tuesday, March 6<sup>th</sup> @ 7pm:**

***"Eating on the go":** Life is busy! It IS possible to eat healthy when you are eating out at restaurants or even when you have to grab something "on the go". Use the tips you will learn in this session to turn your hectic into healthy.*

**Tuesday, April 3<sup>rd</sup> @ 7pm:**

***"Grocery Store Tour":** Use all you have learned in the previous two classes to compare food labels and shop for healthy meals. Class will be held across the street at Jewel-Osco.*



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-Call to sign up for classes. You must register by Friday, September 2<sup>nd</sup> to receive the discounted rate of \$50 for the 3-part series.