



Nutrition



EDUCATION CLASSES



EAST SIDE HEALTH DISTRICT
PREVENTIVE HEALTH & EDUCATION SERVICES



Public Health
Prevent. Promote. Protect.

EVERY FIRST THURSDAY 10-11AM

NOVEMBER 3RD - **EATING WITH DIABETES**

DECEMBER 1ST - **HEALTH AT EVERY SIZE**

JANUARY 5TH - **EATING "GOOD" VS "BAD"**

FEBRUARY 2ND - **HEART HEALTHY NUTRITION**

MARCH 2ND - **EAT TO SURVIVE**

APRIL 6TH - **EATING ON A BUDGET**

MAY 4TH - **FOOD FOR THE BRAIN**

JUNE 1ST - **EATING & EXERCISE**

"ALL ABOUT YOU" HOUR 11-12PM

Optional open discussion will be held after each class. Stay & talk with the dietitian for a question & answer hour, or one-on-one chat.

Refreshments will be provided!

FOR MORE INFORMATION / TO SIGN UP

CALL #618-271-8722 EXT 223

OLIVIA MIDDENDORF, RD

