

2018 HEALTHY LIVING SERIES

Please join us each month to learn about a different nutrition topic. These classes are designed to provide practical, everyday steps which you can take to improve your health. The series is open to everyone in the community and, best of all, it's FREE!

When: The first Wednesday of every month

Where: NNRH Classroom (adjoining Hospital Dining Room)

Time: 5:30 PM to 6:30 PM

Who: Everyone

Costs: FREE

Contact: Hospital Dietitian, 775.748.2094

MONTHLY TOPICS:

January 3rd – NO CLASS

Happy New Year!

February 7th – Have A Heart

American Heart Month

March 7th – NO CLASS

National Nutrition Month

April 4th – Let's Get Trendy!

Nutrition Trends in 2018

May 2nd – Being A Good Sport

National Physical Fitness & Sports Month

June 6th – Shifting Into Gear

Nutrition & Exercise Tips for Shift Workers

July 4th – NO CLASS

Happy Independence Day!

August 1st – Eat This, Not That

Everyday Nutritional Substitutes

September 5th – How Low Can You Go?

National Cholesterol Awareness Month

October 3rd – There's An App For That

Nutrition & Exercise Apps in Review

November 7th – We Can Beat Diabetes

American Diabetes Month

December 5th – Healthy Holidays

Setting Nutrition Goals for the New Year

