

NUTRITION SCHEDULE 2007

Date	NORTH	EAST	DOWNTOWN
EVERY MONTH	ASK THE RD 2 nd Wednesday 4:30-5:30	ASK THE RD 3 rd Wednesday 4:30-5:30	ASK THE RD 4 th Wednesday 4:30-5:30
	2 nd Wednesday 5:30-6:30	3 rd Wednesday 5:30-6:30	4 th Wednesday 5:30-6:30
	January 10	January 17	January 24
January	NO MORE DIETS! Tips for weight loss.	NO MORE DIETS! Tips for weight loss.	NO MORE DIETS! Tips for weight loss.
	Tuesday Feb 13 (schedule change)	Feb 14	Feb 21
February	What to eat for a healthy heart	What to eat for a healthy heart	What to eat for a healthy heart
	March 14	March 21	March 28
March	Dealing with Dieting Cravings, Binges, & Relapses	Dealing with Dieting Cravings, Binges, & Relapses	Dealing with Dieting Cravings, Binges, & Relapses
	April 11	April 18	April 25
April	The nutrition link between strength & endurance training	The nutrition link between strength & endurance training	The nutrition link between strength & endurance training
	May 9	May 16	May 23
May	Psychological hunger vs. Physical hunger	Psychological hunger vs. Physical hunger	Psychological hunger vs. Physical hunger
	June 13	June 20	June 27
June	Family Nutrition – overcoming the struggles of planning meals.	Family Nutrition – overcoming the struggles of planning meals.	Family Nutrition – overcoming the struggles of planning meals.
	July 11	July 18	July 25
July	Ways to boost your metabolism & weight loss	Ways to boost your metabolism & weight loss	Ways to boost your metabolism & weight loss
	August 8	August 15	August 22
August	Foods for longevity – find out what foods can really help	Foods for longevity – find out what foods can really help	Foods for longevity – find out what foods can really help
	Sept 12	Sept 19	Sept 26
September	Tired of yo-yo dieting? Tips for maintaining weight loss.	Tired of yo-yo dieting? Tips for maintaining weight loss.	Tired of yo-yo dieting? Tips for maintaining weight loss.
	October 10	October 17	October 24
October	Living a balanced life with nutrition – how to make a lifestyle change	Living a balanced life with nutrition – how to make a lifestyle change	Living a balanced life with nutrition – how to make a lifestyle change
	Nov 14	Nov 21	Nov 28
November	Learn how to change your favorite recipes to be healthy and still taste good	Learn how to change your favorite recipes to be healthy and still taste good	Learn how to change your favorite recipes to be healthy and still taste good
	Dec 12	Dec 19	Dec 5 (schedule change)
December	Surviving the Holidays	Surviving the Holidays	Surviving the Holidays

