



# Nutrition

## EDUCATION CLASSES

**EVERY FIRST THURSDAY : 10AM - 11AM**

NOV 3RD - EATING WITH DIABETES

DEC 1ST - HEALTH AT EVERY SIZE

JAN 5TH - EATING "GOOD" VS "BAD"

FEB 2ND - HEART HEALTHY NUTRITION

MAR 2ND - EAT TO SURVIVE

APR 6TH - EATING ON A BUDGET

MAY 4TH - FOOD FOR THE BRAIN

JUN 1ST - EATING AND EXERCISE



**"ALL ABOUT YOU" HOUR : 11AM - 12PM**

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

**REFRESHMENTS WILL BE PROVIDED**

**LOCATION**  
650 N 20TH STREET  
EAST ST. LOUIS, IL 62205

**FOR MORE INFORMATION / TO SIGN UP**  
CALL (618) 271 - 8722 EXT 223  
OLIVIA MIDDENDORF, RD



**EAST SIDE HEALTH DISTRICT**  
PREVENTIVE HEALTH & EDUCATION SERVICES

