

Join Our
Dynamic life altering workshops
created & presented by
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Licensed Dietitians & Health Coaches

- What: Exploring Foods & Getting You on the Right Track Workshop
- When: January 12, 2012
2:00 p.m. - 3:30 p.m.
- Where: Endocrinology Associates
Second Floor Conference Room (upstairs to the right)
- How: Powerpoint Presentation, Discussion, Sampling,
Product Displays and Demonstrations
- Who: Patients, Friends & Family
- Cost: No Cost
- Registration: Anyone attending must preregister prior to class
at reception desk

Food for Thought Topics:

- 1 Understanding the New
USDA Plate
- 2 Breaking Bread:
What Is a Carbohydrate & Why Does It Matter?
- 3 Back to the Table:
Portion Size Matters
- 4 Food Labels & Nutrients
- 5 Plan, Shop, & Cook Smart!
- 6 Eating Out, Eating In & Snacking
- 7 The Reunion of Food and Family:
Special Occasions, Recipe Renewal & Looking Ahead

**SIGN UP
TODAY!**

