

Guilford Parks and Recreation Department presents...

Nutrition 101 and Healthy Cooking

ALL NEW - NUTRITION 101

Kick off your New Year with a new outlook on wellness & nutrition for you and your family. Learn how to eat right for your mind and body. Choose from the below one night seminars.

<u>Topic</u>	<u>Date</u>	<u>Program #</u>
A New Way to Cook	Monday, January 9	12116 A1
Body and Mind Health of Exercise	Thursday, January 19	12116 A2
Super Easy, Super Healthy Meals	Monday, January 23	12116 A3
Nutrition Strategies-Healthy and Effective Ideas	Thursday, January 26	12116 A4
Flavor Max-Cooking with Herbs and Spices	Monday, February 6	12116 A5
Benefits of Real Food	Monday, February 27	12116 A6
Sugar Blues	Monday, March 12	12116 A7

Time: 7:00-8:00 p.m.
Where: Community Center
Instructor: Pamela Ferrante,
Certified Holistic Health Coach
Fee: \$10 per class

ALL NEW - HEALTHY COOKING

Day: Thursday
When: February 2 - March 1
Time: 7:00-8:30 p.m.
Where: Community Center
Instructor: Pamela Ferrante
Program #: 12117 A1
Fee: \$75

Join Pam and learn how to create delicious guilt free meals and desserts that are good for your body and easy on your wallet. Start a recipe collection that you will be eager to recreate and share with your family and friends...

