



2010 NUTRITION EDUCATION

Sessions

Interfaith Manor

1220 9th Ave, Menominee, MI

4th Tuesday of every month-10:00 a.m.

With Tonya LaFave, Registered Dietitian

UPCAP/UP Area Agency on Aging

February 23	Eating for Heart Health: Managing your Cholesterol
March 23	National Nutrition Month: Which nutrients do you need most
April 27	Understanding Food Labels
May 25	Supermarket Savvy
June 22	National Dairy Month: Bone up to Calcium
July 27	Making Sense of Salt
August 24	Dining out with Health in mind
September 28	Fall into Fitness
October 26	Healthy Holiday meal planning
November 23	National Diabetes Month: Keeping your blood sugar in check
December 28	Cooking Demonstration