



# Nutrition Jumpstart

This nutrition program is designed for members and non-members who want to learn the fundamentals of adequate nutrition and how to form healthy habits – one step at a time. You will learn new skills to help you succeed in achieving a healthier lifestyle.

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## Weekly topics:

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Nutrition 101  
Macronutrients  
Stress management and mindful eating  
Meal preparation and shopping skills

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### Days and times

Thursdays 5:30 – 6:30 pm  
Fridays noon – 1:00 pm

### Start dates

January 16 and 17

### Location

Lower Level Conference Room

### Four-week series cost

\$80 for members  
\$100 for non-members

Maximum of 20 participants.

**For more information  
or to register, visit the  
Member Services Desk or  
call 815.754.1098.**

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