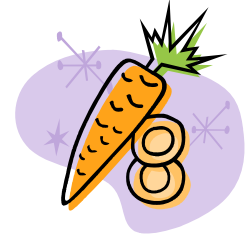




Nutrition & Health

Golden Gate Park Senior Center, 6101 Fulton St.
Instructor: Lisa Yamashiro, MEd, RD



Mondays 1:30

(\$0.50 food tasting donation each session)

Semester Highlights:

Recipes and tasting! Lunch Bunch outing! Holiday potluck!

DATE	TOPIC
Monday, August 17	How to Eat
Monday, August 24	<i>Eat Smart, Live Strong:</i> Reach Your Goals – Step by Step
Monday, August 31	<i>Eat Smart, Live Strong:</i> Challenges & Solutions
Monday, September 7	Holiday – Labor Day
Monday, September 14	<i>Eat Smart, Live Strong:</i> Colorful & Classic Favorites
Monday, September 21	<i>Eat Smart, Live Strong:</i> Eat Smart, Spend Less
Monday, September 28	Lunch Bunch Outing
Monday, October 5	The Skinny on Fat
Monday, October 12	Holiday – Faculty Day
Monday, October 19	The Secrets of Sodium
Monday, October 26	Sugar Savvy
Monday, November 2	Portion Distortion
Monday, November 9	Family Mealtime – Eat Together Eat Better
Monday, November 16	Health Status Issues: Body Weight
Monday, November 23	Health Status Issues: Heart Health
Monday, November 30	Health Status Issues: Diabetes
Monday, December 7	Health Status Issues: Osteoporosis
Monday, December 14	Holiday Potluck