



# Nutrition & Health

Jewish Community Center  
Instructor: Lisa Yamashiro, MEd, RD



**Mondays**

10:30 Chair Exercise, 11:00 Nutrition Talks

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