

City College of San Francisco
 Consumer Education Department
 Spring 2012




Nutrition & Health

Canon Kip Senior Center
 705 Natoma, SF
 Instructor: Lisa Yamashiro, MEd, RD



Fridays

Physical Activity and Nutrition Talks

DATE		TOPIC
Friday, January 20		Nutrition Challenges for Older Adults
Friday, January 27		DETERMINE Your Nutritional Health
Friday, February 3		Favorite Food Rules
Friday, February 10		Harvest of the Month
Friday, February 17		Holiday –Lincoln Day
Friday, February 24		Healthy Eating on a Budget
Friday, March 2		Farmers' Markets
Friday, March 9		National Nutrition Month – Get Your Plate in Shape
Friday, March 16		Food Stamps Grow Gardens
Friday, March 23		Holiday –Cesar Chavez Day
Friday, March 30		Spring Break – no class
Friday, April 6		Harvest of the Month
Friday, April 13		CCSF Nutrition Assistant Program – Guest Speakers
Friday, April 20		CCSF Nutrition Assistant Program – Guest Speakers
Friday, April 27		No class
Friday, May 4		CCSF Nutrition Assistant Program – Guest Speakers
Friday, May 11		CCSF Nutrition Assistant Program – Guest Speakers
Friday, May 18		CCSF Nutrition Assistant Program – Guest Speakers
Friday, May 25		Harvest of the Month