








Nutrition & Health

Jewish Community Center
 Instructor: *Lisa Yamashiro, MEd, RD*



Mondays

10:30 Chair Exercise, 11:00 Nutrition Talks

DATE	TOPIC
Monday, January 30 	Favorite Food Rules
Monday, February 6	Harvest of the Month
Monday, February 13	Sweet Benefits of Chocolate
Monday, February 20	Holiday ~Washington Day
Monday, February 27 	"Nourish"
Monday, March 5	National Nutrition Month – Get Your Plate in Shape
Monday, March 12 	Go Green with Greens!
Monday, March 19	Celebrate Spring – Garden Gathering
Monday, March 26	Spring Break ~ no class
Monday, April 2	Harvest of the Month
Monday, April 9 	Eat Seafood Twice a Week
Monday, April 16	Vitamin D News
Monday, April 23	Nutrition for Healthy Bones
Monday, April 30	Salt/Sodium Sensibility
Monday, May 7 	Culinary Herbs & Spices
Monday, May 14	Healthy Bodies, Healthy Minds
Monday, May 21	Harvest of the Month