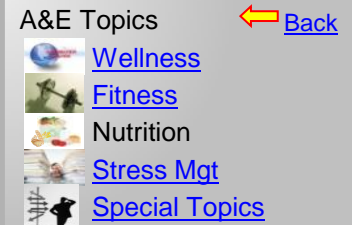




Awareness & Education Course Catalog

www.explorationwellness.com



Nutrition (NT) Courses

Learn about different aspects of nutrition, how to make changes in your diet, what foods to avoid, and how to stay on track.

[NT101](#)
[June 2011](#)

Fad Diets - Time to Bust Some Myths

Trying to diet and having trouble? Let's bust some diet myths. Learn the truth behind popular diets, how to lose weight the right way and keep it ff.

[NT103](#)
[TBA](#)

If It Ain't Whole, It Ain't Fiber

Learn about the importance of fiber in a healthy diet, different forms of fiber and their function in the body, fiber rich foods, whole grain logos versus false advertising, and tips on how to incorporate fiber into your diet. Class will also include resources available at JSC to help you stay on track.

[NT104](#)
[June 2011](#)

Dining Out – Can it Be Part of a Healthy Lifestyle?

Ever wonder if you are making the best choices when you are dining out? With busy and stressful schedules, we have made dining out a bigger part of our lives than ever. Learn about how to keep your healthy habits intact when dining away from home.

[NT105](#)
[July 2011](#)

Nutrition and Disease Prevention

How often do we hear or see reports in the media about the benefits of certain foods for our health or disease prevention? Come join us for a discussion on the most current research in this area and a look at the best foods for disease prevention.

[NT106](#)
[July 2011](#)

Supplements; Be an Informed Consumer

Have you ever considered taking a supplement? Before making that decision, come learn about the different types of supplements that are on the market today, the safety standards of the industry, and some common reasons why people often consider supplement use.

[Evening](#)
[Nutrition](#)
[Classes](#)

JSC Nutrition Intervention Program – Evening Classes

We also offer a variety of classes at the Gilruth as part of our Nutrition Intervention Program (NIP). You must pre-register for these classes. Click on the link at the left for a class list. You may also contact Glenda Blaskey, JSC Registered Dietitian, at 281-244-1503, [RD Email](#).