



# July – Dec, 2010 Nutrition Intervention Program

The NIP is run by a registered and licensed dietitian and is an integral part of Health Related Fitness and Exploration Wellness.



### The program includes:

- Nutrition courses
- Lunch & Learn presentations
- Seminars
- Grocery store tours
- Private counseling sessions



### 2010 NIP Offerings: *Tues, 5-6pm at the Gilruth*

Date	Topic
July 13	Keys to Good Nutrition: <i>A guide to understanding the basics</i>
July 27	Great Recipe Makeover: <i>Ideas for making your favorite recipes healthier</i>
Aug 10	Grocery Store Tour <b>Nutrition Tour!</b>
Aug 24	Fact or Fiction: <i>Debunking common nutrition myths</i>
Sept 14, 21, 28, Oct 5	Dealing with Diabetes: <i>A 4-week workshop on living with diabetes</i>
Oct 19	Nutrition and Cancer: <i>Does a healthy diet make a difference?</i>
Nov 2	Dining Out with the Dietitian <b>Nutrition Tour!</b>
Nov 16	Holiday Helpings: <i>How to survive the holidays without adding extra pounds</i>

Classes are held at the Gilruth from 5 – 6pm. Grocery store tours are held at a local supermarket and take about 2 hours. Dining Out with the Dietitian location and details will be provided when you register. The class agenda may change on the basis of popularity and employee input.

Private consultations with the Dietitian are also available at no charge.

### To register, please contact:

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