









Awareness & Education Course Catalog

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2010 Classes: June, July & August

NT 10x: 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.

2010 Topics: *Dine out often? Learn how to dine out and still make healthy choices. Use nutrition as part of your disease prevention plan. What works, what doesn't, what to watch out for in the media. Should you use supplements? Learn about the latest industry information.*

2009 Topics: *class descriptions are at the end of the catalog. 2009 classes will be repeated again in 2011.*

NT104 **June 2010**

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. Come learn about how to keep your healthy habits intact when dining away from home.

NT105 **July 2010**

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 **Aug 2010**

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.

Annual **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](#).



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2009 Classes: will run again in 2011

NT 10x: 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. JSC offers several nutrition options to choose from. Classes will also include topics such as the JSC nutrition programs and assessments with our Registered Dietitian.

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| NT101
June 2009 | Fad Diets - Time to Bust Some Myths
<i>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.</i> |
| NT102
July 2009 | Behavior Change for Nutrition – Are You Ready to Eat Healthy?
<i>Learn about the impacts of improper nutrition, what stage of readiness you're in, what might be keeping you stuck, why a relapse doesn't mean failure, and how to stay on track when starting new dietary changes.</i> |
| NT103
Aug 2009 | If It Ain't Whole, It Ain't Fiber
<i>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.</i> |
| Other
Nutrition
Classes | JSC Nutrition Intervention Program – Evening Classes
<i>We also offer a variety of classes as part of our Nutrition Intervention Program (NIP). These classes are offered in the evening and take place at the Gilruth. You must pre-register for these classes. For a class list and to sign up click here: Nutrition Intervention Program Class Schedule.
You may also contact Glenda Blaskey, JSC Registered Dietitian, at 281-244-1503, RD Email.</i> |