

We can help you start your health journey today!

Diabetes Wellness 101

- Evidence based program that focuses on nutrition, exercise, medication, and self-management.

- **Next Class Date:**
Wednesday 5:00–6:30 pm
4/23/2025–5/28/2025



Nutrition 101

- Reviews different eating plans including the Mediterranean Plan, Plant Based Diet, Blue Zone Plans, Mind Diet, Anti-Inflammatory Plan, Keto Green, Intermittent Fasting and what the research says.

- **Next Class Date:**
Stay Tuned! Meanwhile,
explore our other classes



Meal Planning

- Healthy meal planning skill building. Discover tips, apps, & more for shopping on a budget & preparing healthy meals

- **Next Class Date:**
Wednesday 5:00–6:30pm
5/7/2025–6/11/2025



Eat to Live: Preventing Diabetes & Heart Disease

- Comprehensive information on understanding cardiovascular risk factors and strategies for improving health.

- **Next Class Date:**
Tuesday 5:00–6:30pm
4/8/2025–5/27/2025



Healthy Weight Class

- A group class to support long-term weight management. This class helps to better understand the factors that contribute to weight change and learn how to take steps to overcome them.

- **Next Class Dates:**
Wednesday 5:30–7:00pm
5/14/2025–7/2/2025



Mindful Eating

- Learn the relationship between eating and mindfulness and how marketing and cultural influences impact our views and connection with food.

- **Next Class Dates:**
Monday 5:30–7:00 pm
5/19/2025–6/30/2025



Nutrition: Fact or Fiction

- Evidence-based information from our nutrition professionals to sort out what's fact and what's fiction!

- **Next Class Date:**
Tuesday 5:00–6:30
6/3/2025–7/8/2025



Contact Us!

We take many insurances, and we offer patient scholarships. Call for more information today!

Phone: 707-575-6043

