Nutrition Workshop Series

Are you interested in using nutrition to improve your wellness? Are you ready to practice healthy eating and learn about techniques for disease prevention? Join us for five-weeks of nutrition workshops with Kristy Richardson. Kristy Richardson is a registered dietitian and exercise physiologist and she is ready to help you in your quest toward optimal health and wellness. Workshops are on Monday’s from 12-1pm and begin on April 5th, 2010. The classes will be held on the CSUF campus in KHS 119. To register for the workshops, please complete the registration form attached to this flier.

Eating for Wellness #1 – Monday, April 5th
• Tips for making healthy eating a part of your lifestyle
• Healthy eating on a budget

Eating for Wellness #2 – Monday, April 12th
• Quick & easy cooking tips, including a review of nutritious ready-to-eat meals
• Critical review of recipes - Class participants will bring in recipes

Eating for Wellness #3 – Monday, April 19th
• Eating on the go-planning for restaurants, parties, and travel
• Understanding nutrition labels

Disease Prevention & Management #1 – Monday, April 26th
• Weight management, boosting metabolism and curbing a sweet tooth
• Diabetes prevention and management-simple tricks for controlling blood pressure

Disease Prevention & Management #2 – Monday, May 3rd
• Eating healthy and controlling cholesterol and blood pressure
• Content will be determined by class participants

Cost: $55

Registration is due by April 1st, 2010.

This class series is sponsored by the Center for Successful Aging at California State University Fullerton.
To register for this workshop series please complete the registration form below and send your check to the address listed below. For additional information contact the Health Promotion Program at the Center for Successful Aging at (657) 278-3046 or at healingsanctuary@fullerton.edu.

Registration is due by April 1st, 2010

Make checks payable to:  CSUF Cashiers  (Memo: Center for Successful Aging)

Cost:  $55

| Off Campus- Mail To: | Center for Successful Aging  
| 800 N. State College Blvd., KHS-241  
| Fullerton, CA  92831-3599 |

| On Campus- Mail To: | Center for Successful Aging  
| KHS-241 |

| Name: | Phone: |
| Address: | City: | State: | Zip: |
| E-Mail: |

Registration will be on a first come basis and minimum number of enrolled participants is necessary for the class to be offered. Registration is due by April 1st, 2010.

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