

# Dedicated Care Center

## Nutritional Seminars 2018 Schedule

**All Classes Are Held From 1:00-2:00 On the Following Dates:**

- 1/10/18 *HOT NUTRITION TRENDS – TRUTH OR MYTH?*
- 2/14/18 *HEALTHY FOODS THAT BOOST ENERGY/METABOLISM*
- 3/14/18 *SLEEP AND HOW IT AFFECTS OUR WEIGHT*
- 4/11/18 *SUGARS – HIDDEN SUGARS, SUGAR SUBSTITUTES AND DIET DRINKS*
- 5/09/18 *GROCERY SHOPPING TOUR – TIPS FOR SHOPPING / IS BUYING ORGANIC NECESSARY?*
- 6/13/18 *HOW TO EAT WELL WHEN ON THE ROAD – WHAT TO PACK AND WHERE TO STOP*
- 7/11/18 *VITAMINS AND OVER-THE-COUNTER SUPPLEMENTS*
- 8/08/18 *MEAL PLANNING FOR HEALTHY EATING – FOR HEART HEALTH, DIABETES, AGING*
- 9/12/18 *GMO FOODS, THE GREAT DEBATE*
- 10/10/18 *TIMING AND CONTENT OF MEALS AND HOW IT AFFECTS OUR WEIGHT – THE POWER OF PROTEIN*
- 11/14/18 *STRESS EATING – THE FOOD-MOOD CONNECTION*
- 12/12/18 *EATING FOR OVERACTIVE BLADDERS AND “UNDERACTIVE” INTESTINES*

\*Please call to register for free Seminars

**Dedicated Care Center**

**Phone:** 757.252.9300

**Fax:** 757.252.9301

301 Riverview Avenue, Suite 900

Norfolk, VA 23510

**WWW.DEDICATEDCARECENTER.COM**



**Nancy Harding, RD  
Instructor**