

Weekly Nutrition Classes

Where: 5100 Wisconsin Ave, Suite 400
Washington, DC 20016

When: Mondays at 6:00 pm

**Ready to kickstart your health with plant-based eating?
Come learn how!**

As a Barnard Medical Center patient,
you're invited to join a **free, interactive
weekly nutrition class**.

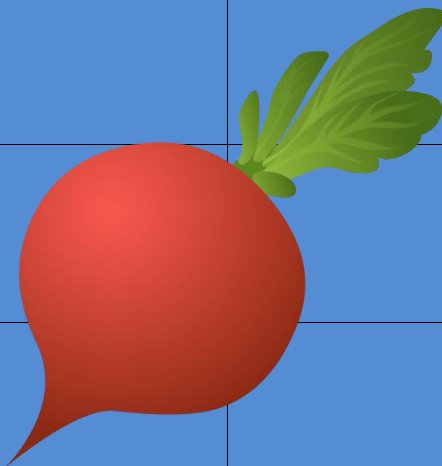
You'll get the **knowledge and support**
you need to jump into plant-based
eating—and optimize your health.

Each 12-week class series covers topics
like **dining out, addictive foods,**
reaching your healthy weight, and
more. (See back for schedule.)

We invite you to **attend all classes for best results**—and a free
signed book by Dr. Neal Barnard. But you can **join us any time!**



Classes Offered in January and February

Monday	Tuesday	Wednesday	Thursday
7 6:00 – 7:00 pm Nutrition Class *Week #1	8 6:00 – 7:15 pm Food for Life *Diabetes Intro Class	9	10 <i>JAN</i>
14 6:00 – 7:00 pm Nutrition Class Week #2	15 6:00 – 7:45 pm Food for Life Diabetes Class #1	16	17
21 MLK Jr Day NO CLASS	22 6:00 – 7:45 pm Food for Life Diabetes Class #2	23	
28 6:00 – 7:00 pm Nutrition Class Week #3	29 6:00 – 7:45 pm Food for Life Diabetes Class #3	30	
4 6:00 – 7:00 pm Nutrition Class Week #4	5 6:00 – 7:45 pm Food for Life Diabetes Class #4	6	7 <i>FEB</i>
11 6:00 – 7:00 pm Nutrition Class Week #5	12	13	14
18 Presidents' Day NO CLASS	19	20	21
25 6:00 – 7:00 pm Nutrition Class Week #6	26	27	28

Monday Night Nutrition Classes

Drop in anytime!

Monday Night Class Topics

1. Intro: Plant-based Diet
2. Diabetes & Complete Nutrition
3. Grocery Shopping & Recipe Swaps
4. Nutrition Labels & the Glycemic Index
5. The Addictive Properties of Food
6. Mindful & Emotional Eating
7. Dining Out
8. Health Benefits of Whole Grains
9. Diet & Cancer Prevention
10. Reaching a Healthy Weight
11. Foods that Fight Pain
12. Eating Healthfully for the Long Run + Potluck!

Tuesday Night Food for Life Classes

Register in advance

at
BarnardMedical.org
(under classes & events)

*Denotes first class in a series