

## Weekly Nutrition Classes

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

When: Mondays at 6:00 p.m.

**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**. But you can  
**join us any time!**



# Classes Offered in July and September

## Monday Night Nutrition Classes

Drop in anytime!

### 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. Health Benefits of Whole Grains
8. Dining Out
9. Diet & Reducing Cancer Risk
10. Reaching a Healthy Weight
11. Foods that Fight Pain
12. Eating Healthfully for the Long Run + Potluck!



Monday	Tuesday	Wednesday
1 6:00 – 7:00 pm Nutrition Class Week #10	2	3 <b>JULY</b>
8 6:00 – 7:00 pm Nutrition Class Week #11	9	10
15 6:00 – 7:00 pm Nutrition Class Week #12	16	17
22	23	24
<b>NO CLASSES</b>	<b>IN</b>	<b>AUGUST</b>
9 6:00 – 7:00 pm Nutrition Class Week #1	10	11 <b>SEPT</b>
16 6:00 – 7:00 pm Nutrition Class Week #2	17	18
23 6:00 – 7:00 pm Nutrition Class Week #3	24	25
30 6:00 – 7:00 pm Nutrition Class Week #4	1	2

We also offer Food for Life cooking classes on Tuesday evenings! Register online:

[www.pcrm.org/barnard-medical-center/classes-and-events](http://www.pcrm.org/barnard-medical-center/classes-and-events)