

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 November and December

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. Dining Out
8. Health Benefits of Whole Grains
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
4 6:00 – 7:00 pm Nutrition Class Week #8	5	6 NOV.
11 NO CLASS ON HOLIDAY	12	13
18 6:00 – 7:00 pm Nutrition Class Week #9	19	20
25 6:00 – 7:00 pm Nutrition Class Week #10	26	27
2 6:00 – 7:00 pm Nutrition Class Week #11	3	4 DEC.
9 6:00 – 7:00 pm Nutrition Class Week #12	10	11
16 Next class series starts in January!	17	18
23	24	25
30	31	

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

www.pcrm.org/barnard-medical-center/classes-and-events