

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!



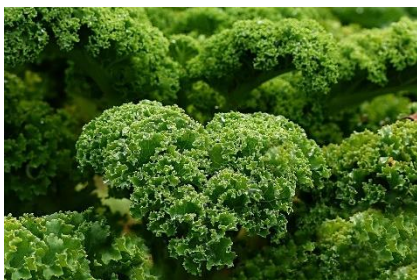
Classes Offered in January and February

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
6 6:00 – 7:00 pm Nutrition Class Week #1	7	8 JAN.
13 6:00 – 7:00 pm Nutrition Class Week #2	14	15
20 NO CLASS ON HOLIDAY	21	22
27 6:00 – 7:00 pm Nutrition Class Week #3	26	27
3 6:00 – 7:00 pm Nutrition Class Week #4	4	5 FEB.
10 6:00 – 7:00 pm Nutrition Class Week #5	11	12
17 NO CLASS ON HOLIDAY	18	19
24 6:00 – 7:00 pm Nutrition Class Week #6	24	25
2 6:00 – 7:00 pm Nutrition Class Week #7	3	4 MAR.

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

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