



# NUTRITION LUNCH & LEARN WORKSHOP

## EVENT INFORMATION

**Date:**

Tuesday, September 11, 2018

**Time:**

11:00 AM - 1:00 PM

**Registration:**

Please email Candance Willett at [cwillett@eseal.org](mailto:cwillett@eseal.org).

Bring your lunch and join Leslie, in-store Nutritionist at Giant, for a Nutrition Workshop to excite your senses and nourish your mind, body, and spirit! Food provides nourishment for the body and enjoyment for the mind and spirit. How can you achieve balance in your relationship with food? Learn how to add mindful eating, meditation, and calming foods into your lifestyle. Whether you are concerned about weight, heart disease, fighting cancer, or just maximizing your health, this class will help you identify relatively simple and gradual changes that add up to major improvements!

## LOCATION



The Steven A. Cohen  
Military Family Clinic  
at Easterseals

1420 Spring Street  
Silver Spring, MD 20910

*Parking: Turn on Second Ave, the parking garage is directly under the Easter Seals building.*

- ▶ **Open to Veteran and Military Families**
- ▶ **No Cost**
- ▶ **Child Care Provided**
- ▶ **Free Onsite Parking**
- ▶ **Metro Accessible**

# NUTRITION SEMINARS

## with Leslie



Contact Leslie, in-store Nutritionist at your Lanham Giant, to schedule an informative and engaging presentation for your workplace, special interest group, or club.

### FOOD MYTHS FOR HEALTHY EATING

What does eating healthy really mean? Join Leslie Jefferson, in-store nutritionist at Giant, to explore paths to healthy eating. Learn how to balance your plate to meet your health and wellness goals. You'll leave this session with practical tips on how to create daily healthy eating patterns for you and your family.

### NOURISH YOUR MIND, BODY, AND SPIRIT

Food provides nourishment for the body and enjoyment for the mind and spirit. How can you achieve balance in your relationship with food? Join Leslie to participate in activities to excite your senses and nourish your mind, body, and spirit. Learn how to add mindful eating, meditation, and calming foods into your lifestyle.

### EIGHT STEPS TO A HEALTHIER DIET

Whether you are concerned about weight, heart disease, fighting cancer, or just maximizing your health, this class will help you identify relatively simple and gradual changes that add up to major improvements! Join Leslie for a step-by-step plan to help you meet your personal health goals.

### SPICE IT UP!

Herbs and spices are an easy way to add flavor, fragrance, and nutrition to your meals. Learn about the health benefits of common culinary spices! This seminar includes an interactive tasting experience that will awaken your senses.

### SAVE MONEY, SAVE TIME, AND EAT WELL

Rethink your weekly shopping routine and stretch your grocery dollar a little bit further. In this interactive session, Leslie will provide tips for creating healthy meals at home while staying on-budget.

### REDUCING INFLAMMATION NATURALLY

Many conditions, such as diabetes, arthritis, and cancer, have been associated with chronic inflammation. Join Leslie in this store tour that will identify which foods that will naturally reduce inflammation in the body.

### 6 SUPERFOODS TO EAT NOW!

Superfoods are packed with nutrients to fight inflammation, fatigue, and weight gain. In this session, explore practical tips to add superfoods to your plate, and learn all about the newest superfoods available on the shelves at Giant.

### NATURAL BEAUTY, INSIDE AND OUT

Nature provides a bounty of wonderful foods that promote growth of beautiful hair, skin, and nails, as well as strong bones. More importantly, these foods support your digestive health to promote a healthy immune system and fight inflammation. In this class, learn how to include natural food products into your everyday beauty routine. Plus, you'll leave with a homemade surprise to showcase your natural glow.

### LOWER YOUR NUMBERS WITH FOOD

Join Leslie to learn practical tips for making healthier food and lifestyle choices to help lower your numbers. Learn how to navigate food choices, read labels, and plan meals when faced with diabetes, hypertension, high cholesterol, and high BMI.

### RETHINK YOUR DRINK

What you drink matters more than you think! In this interactive session, explore the impact that your beverage of choice can have on your health. Learn practical tips for staying hydrated, and discover the newest beverage options now on the shelves at Giant.

### IS YOUR PORTION CONTROL OUT OF CONTROL?

Portion control is a cornerstone of good nutrition. Is your portion size out of control? We'll take a look at the nutrition labels on common products to learn the difference between serving and portion sizes. Plus, we'll discuss tips for eating at home and out on the town. From bagels to burgers to beer, Leslie will help you discover which serving size is right for you.

### RAINBOW OF FRUITS AND VEGGIES

Explore the benefits of eating a variety of fruits and vegetables. Enjoy a few samples, and learn about the importance of having a balanced, vibrant, and colorful plate.

### NUTRITION AND PHYSICAL ACTIVITY

Whether you're training for a marathon, participating in team sports, or waking up early for boot camp, what you eat matters. In this class, explore when to eat, and what kinds of foods are best to fuel, and maintain, peak performance. Learn how to calculate your calorie and macro/micro nutrient needs, to help you reach your fitness goals.