



# the **Y** **NUTRITION** **SERIES**

**Wednesday, March 8: 6:00-7:00 PM**

## **Eat your antioxidants!**

Join Evelyn, a Registered Dietitian from ShopRite of Parsippany, and learn about balanced nutrition and how to choose foods that have high levels of antioxidants to support health.



**Wednesday, March 15: 6:00-7:00 PM**

## **New twists on favorite foods!**

Join Barbara, Registered Dietitian from ShopRite of Parsippany, and learn about new food trends: Plant based, clean, very low carb & probiotics. Are these trends really better for you?



**Wednesday, March 22: 6:00- 7:00 PM**

## **Eating for energy!**

Join Danielle, a Registered Dietitian from ShopRite of Lincoln Park, as she discusses which foods to eat to maintain energy throughout the day. Sample snacks and handouts provided.



**Wednesday, March 29: 6:00- 7:00 PM**

## **Nutrition Bingo!**

Danielle, a Registered Dietitian from ShopRite of Lincoln Park, will be playing BINGO with us. Play along and win healthy snacks! Learn and have fun all at once!



**Entire series is free and open to the community!**

Sign up now: [Lakelandhillsymca.com](http://Lakelandhillsymca.com) - Register online - Wellness Presentations

Questions? Contact Darlene Kievit: [Darlenek@lhymca.com](mailto:Darlenek@lhymca.com)

**LAKELAND HILLS FAMILY YMCA**

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