



The Nutritionist

Classes & Tours

January–February

Thursday Jan. 12

A Healthier You in 2012

6–7pm • **FREE** • Adults

Registration Required

please register by Thursday, January 5th to reserve your spot.

Meets in the Nutritionist Learning Center (2nd level of the store)

Did you make a New Year's resolution to get healthier? Trying to get a better handle on your weight, blood sugar, blood pressure or cholesterol? This program will offer practical steps you can take toward a healthier you! Step one... register for the class!

Thursday Feb. 16

Healthy Ideas for Managing Your Cholesterol

6–7pm • **FREE** • Adults

Registration Required

please register by Thursday, February 9th to reserve your spot.

Meets in the Nutritionist Learning Center (2nd level of the store)

Learn about the diet and lifestyle changes that can help control your cholesterol levels and reduce your risk of heart attack and stroke. Practice evaluating the healthfulness of your favorite foods with a quick glance at the food label.



Lisa Coleman
MS, RD, LDN

Call the MARTIN'S
Nutritionist at
410-552-5107

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MartinsFoods.com