

HyVee



To Your Health

A series of nutrition education classes.

\$10 per person per class

Pre-registration is required.



We all know good nutrition is an important part of a healthy lifestyle, but how do we accomplish this with our hectic busy schedules? Come to one or all of our nutrition series classes and find out sensible ways that you can change your health, not your lifestyle!

Heart Healthy Workshop.

Tuesday February 21st 6:30-7:30pm at IWCC

“Learn why it is important to know your numbers and limit your risk for heart disease and stroke. Do you think cooking heart-healthy lacks flavor? Learn flavorful ways to “trade up” you meals with heart healthy flare!”

Shape Up Your Plate.

Tuesday March 20th 6:30-7:30pm in your Atlantic Hy-Vee Casual Dining Area

“Learn how the ChooseMyPlate tool can help you improve your diet and ways to sneak activity into your busy lifestyle.”

Cancer Prevention Workshop.

Tuesday April 17th 6:30-7:30pm at IWCC

“There are many things you can do to decrease your risk of developing cancer, good nutrition is a big part of it. Find out what you can do to decrease your risk!”

DASH Away High Blood Pressure.

Tuesday May 15th 6:30-7:30pm in your Atlantic Hy-Vee Casual Dining Area

“Learn how the DASH diet can help control blood pressure.”

For questions, additional information, or to register contact:

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