

# Nutrition

## CLASSES

### WEEKLY NUTRITIONAL INFORMATIONAL CLASSES

**DESCRIPTION:** Nutrition is the key component to living a healthy lifestyle. During this in-depth informational class, a registered dietician will help you navigate this complicated aspect of living a healthy life and being the best you. You will learn how your body reacts to foods, the best way to fuel your body, how you can use nutrition to lose weight, become stronger, or just feel better. The registered dietician will help you learn how to shop for healthy foods at supermarkets and farmer's markets, how to meal prep, give you some recipe ideas, and walk you through a cooking demonstration. This class is ideal for anyone who is beginning a healthy lifestyle or for those who have been working out for years.

**WHEN:** Tuesday Evenings beginning January 15th, 2019

**TIME:** 5:30 p.m.

**WHERE:** Group Exercise Room 2 (last Tuesday of the month will be in the kitchen/meeting room 2)

**FEE:** \$50/month (available to members and non-members)

**INSTRUCTOR:** Angelica Martinez MS, RDN, LD

Minimum of 8 participants.

### NUTRITIONAL BASICS MONTHLY CLASS

**DESCRIPTION:** Have you ever wondered how many calories you should be consuming, or what the differences between a micronutrients and macronutrients are? Are you curious as to how nutrition will play a role in losing weight or helping control diabetes? This class can answer all of those questions and more! Join a registered dietician and learn the basics about nutrition. In this informative class, you will learn the foundations of a healthy diet, gain some insight into how you can change what you are eating to help meet your goals, and get a few delicious recipes to help start your journey off on the right foot.

**WHEN:** 3rd Wednesday evening of each month

**TIME:** 6:00 p.m.

**WHERE:** The Station meeting room #2

**FEE:** \$30 per class (available to members and non-members)

**INSTRUCTOR:** Angelica Martinez MS, RDN, LD

#### TO REGISTER:

[www.cityofmoore.com/fun](http://www.cityofmoore.com/fun) or at The Station front desk

For more information call Moore Parks & Recreation at (405) 793-5090



City of Moore  
MOORE, OKLAHOMA