

# Virtual Friday Class Series February/March



## TAKE JUST 1 CLASS OR ALL 3.

We will cut through the noise and set you up with a solid foundation of nutrition knowledge that will serve you for life!

**DATE:**  
FRIDAY  
FEBRUARY 23  
MARCH 1  
MARCH 8

**TIME:**  
12:00- 1:00 PM

**PRESENTED BY:**  
GARGI PARIKH  
RDN, CDCES, MPH,

**Price:**  
Most insurance plans cover  
virtual classes  
Out-of-pocket: \$25/class

## Class Details

### **Class 1 (February 23, 2024)**

#### **Eating for blood sugar balance**

Overview of balanced eating | Balanced eating with Ozempic /Monjero

### **Class 2 (March 1, 2024)**

#### **Setting Your Own Eating Schedule & Reducing Craving**

Hunger signals & intuitive eating | Staying hydrated | Emotional eating Meal timing

### **Class 3 (March 8, 2024)**

#### **Inflammation /How to Shop**

Shopping like a boss | How to read labels | Reducing inflammation