

Virtual Wednesday Class Series 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!

DATES:
WEDNESDAY
MARCH 8
MARCH 13
MARCH 20

TIME:
3:00- 4:00 PM

PRESENTED BY:
GARGI PARIKH
RDN, CDCES, MPH,

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

Class Details

Class 1 (March 8, 2024)

Eating for blood sugar balance

Overview of balanced eating | Balanced eating with Ozempic /Monjero

Class 2 (March 13, 2024)

Setting Your Own Eating Schedule & Reducing Craving

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

Class 3 (March 20, 2024)

Inflammation /How to Shop

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