

2020: Lifestyle Change Classes

JANUARY

6 -Weight Loss Motivation-Proven Strategies
13 -Get Comfortable in the Kitchen/**Demo: Knife Cuts**
16-GST: Power with Plant Proteins
20-Creating a Wellness Vision/Goal Setting
27- Plant-based Diets for Beginners

FEBRUARY

3-Stress Management for Weight Loss
10- Personalized Nutrition/**Demo: Healthy Burritos**
17-Success-Client Testimonials
20-**GST**: Carb Confusion!
24- Mindful Eating

MARCH

2- Food Labels & Ingredient Lists
9- Meal Planning for Families/ **Demo:Italian Night**
16- Why Journal? The Science of Journaling
19-**GST**: Meat & Seafood
23-Hidden Food Cues
30-Weight Loss Recipe for Success

APRIL

6-Food vs. Food-like Substances
13- Nutrient Density/**Demo: Taco Night**
16-GST: Dairy and Dairy Alternatives
20-Weight Loss Myths
27-Eating Out/ Special Occasions

MAY

4-Nutritional Superfoods
11- Smart Snacking/**Demo: Summer BBQ**
18- Understanding Food Labels
21- **GST**: Fruits & Vegetables
25-Success-Client Testimonials

JUNE

1-Addictive Foods
8- Planning Meals/**Demo: Grilling Fish**
15- Getting Active
18-**GST**: Fresh from the Farm (Market Guide)
22- Nutrition Claims
29-Eat More, Lose More (Nutrient Density)

JULY

6-Setting Realistic Goals
13- Mangement/**Demo: Pan Seared Shrimp**
16-**GST**: Planning Meals
20-Exercise for Weight Loss
27-Quick Conveient Meal Planning

AUGUST

3-Body Image & Self-Esteem
10- Plant-Based/**Demo: Plant Based Cuisine**
17 Eating Style
20-**GST**: Carb Confusion
24-The Power of Journaling for Weight Loss
31-Take Charge Motivation

SEPTEMBER

7-Stay Active
14- Build Your Support Team/**Demo: Pulled Pork**
17-**GST**: Power with Plant Proteins
21-Food labels & Ingredient Lists
28- Success-Client Testimonials
30- Eating Out: Special Occasions

OCTOBER

5-Hidden Food Cues
12- Meal Planning/**Demo: Healthy Soups**
15 -**GST**: The Low Down on Fats
19- Personalized Nutrition
26-Eat More, Lose More (Nutrient Density)

NOVEMBER

2- Addictive Foods
9- Exercise for Weight Loss/**Demo: Thanksgiving**
16-Shopping Smart
19- **GST**: Oil & Vinegar
23-Nutrition Basics
30-Eating Out/Special Occasions

DECEMBER

7-Mindful Eating
14-Lifestyle Change/**Demo: Beef Tenderloin**
17- **GST**: Holiday Menu
21- Personalized Nutrition
28- Eating Style

Classes

Every Monday at 10 AM, 4PM, and 6 PM
(exception: 1st Monday of the month 4 pm is just a weigh in time)

Grocery Store Tours

Every 3rd Thursday at 12 PM

*Location TBA

Cooking Demonstrations

Every 2nd Monday at 4 PM & 6:00 PM
during class time

Sign Up for Cooking Demo's are required

Prisma Health Nutrition Solutions
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