

We can help you start your health journey today!

Diabetes Wellness 101

- Evidence based program that focuses on nutrition, exercise, medication, and self-management.

- Next Class Date:
Wednesday 5:00–6:30 pm
4/23/2025–5/28/2025



Nutrition 101

- Reviews different eating plans including the Mediterranean Plan, Plant Based Diet, Blue Zone Plans, Mind Diet, Anti-Inflammatory Plan, Keto Green, Intermittent Fasting and what the research says.

- Next Class Date:
Tuesday 5:30–7:00pm
3/4/2025–4/8/2025



Meal Planning

- Healthy meal planning skill building. Discover tips, apps, & more for shopping on a budget & preparing healthy meals

- Next Class Date:
Wednesday 5:00–6:30pm
3/12/2025–4/16/2025



Eat to Live: Preventing Diabetes & Heart Disease

- Comprehensive information on understanding cardiovascular risk factors and strategies for improving health.

- Next Class Date:
Tuesday 5:00–6:30pm
4/8/2025–5/27/2025



Healthy Weight Class

- A group class to support long-term weight management. This class helps to better understand the factors that contribute to weight gain and learn how to take steps to overcome them.

- Next Class Dates:
Tuesday 5:30–7:00pm
4/15//2025–6/3/2025



Mindful Eating

- Learn the relationship between eating and mindfulness and how marketing and cultural influences impact our views and connection with food.

- Next Class Dates:
Monday 5:30–7:00 pm
3/24/2025–4/28/2025



Nutrition: Fact or Fiction

- Evidence-based information from our nutrition professionals to sort out what's fact and what's fiction!

- Next Class Date:
Stay Tuned! While you wait,
dive into our other classes!



Contact Us!

We take many insurances, and we offer patient scholarships. Call for more information today!

Phone: 707-575-6043

