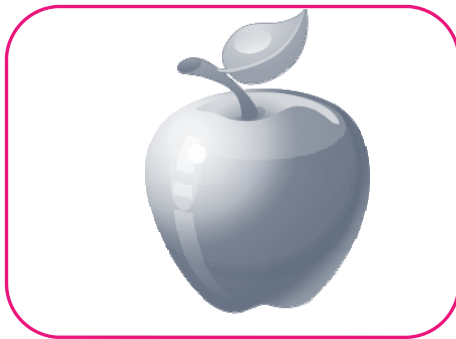


Nutrition

with Darcy Becker



Mon Nov 23rd at 4:00 - Celebrate Your Food Heritage: Food Demonstration Session in the *board room*.

Tues Dec 1st at 1:30 - Balancing Food Intake and Activity - *lobby*.

Tues Jan 5th at 1:30 - Planning Meals using your calendar - *lobby*.

Mon Jan 25th at 4:00 - Soups Make a Meal: Food Demonstration Session in the *board room*.

Tues Feb 2nd at 1:30 - The Emotional Side of Food - *lobby*.

Mon Feb 22nd at 4:00 - The score is 1 to 3, are you winning? - Food Demonstration Session in the *board room*.

All patients are welcome to attend Darcy Becker's nutrition classes. We hope you will take advantage of this wonderful opportunity!