



*Monthly nutrition wellness lecture and recipe demo at the Village Center for independent living residents of Warm Hearth Village. Sodexo Registered Dietitian, Kristen Chang, will work with the activities coordinator and the Village Center catering manager to produce this event. Typically scheduled for the the 2nd Wednesday of each month in Tall Oakes Hall. Lecture begins at 11am and lasts approximately 45 -60 minutes including recipe demo and tasting.*

## **2014 Schedule**

**Great Grains! - February 12<sup>th</sup>**

**Enjoy the Taste of Eating Right - March 12<sup>th</sup>**

**Sustainable Living: Choosing Local for a Healthier You - April 16<sup>th</sup>**

**It's a Smooth Move: Spring Smoothies! - May 14<sup>th</sup>**

**Food for Thought: Using Nutrition to Boost Your Cognitive Function - June 11th**

**Summer Soups & Snacks - July 9<sup>th</sup>**

**Garden Harvest - Making the Most of Summer's Bountiful Produce - August 13<sup>th</sup>**

**Nutrition to Keep You Active - September 24<sup>th</sup>**

**Grocery Shopping & Menu Planning: For One for Many! - October 15<sup>th</sup>**

**Fall Into Healthy Eating Habits - November 12<sup>th</sup>**

**Winter Soups for the Soul – December 10<sup>th</sup>**