



Nutrition Education Classes

Haughville Library- 2121 W Michigan St, 46222 | Riverside Park- 2420 E Riverside , 46208

Douglass Park- 1616 E 25th St, 46218 | Municipal Gardens- 1831 Lafayette Rd, 46222

February: Nutrition and Heart Health Matters

The connection between nutrition and heart health plays a major role in overall well-being. Everyday food choices influence blood pressure, cholesterol, inflammation, and circulation. This class will highlight heart-supportive eating patterns, including the role of healthy fats, fiber-rich foods, and mindful sodium, while emphasizing realistic approaches to nourishing the heart as part of daily life.

Haughville Library - 02/10/26 (12pm) | Riverside Park – 02/11/26 (12:30pm)

Douglass Park – 02/12/26 (11am) | Municipal Gardens – 02/17/25 (1:00pm)

March: National Nutrition Month 2026 - Discover the Power of Nutrition

National Nutrition Month emphasizes the power of food choices to support energy, disease prevention, and overall vitality. This class explores how nutrition affects individual health while also shaping the wellness of families and communities. It highlights accessible nutrition strategies, cultural food traditions, and everyday actions, such as balanced eating and physical activity, across all stages of life.

Haughville Library - 03/10/26 (12pm) | Riverside Park – 03/11/26 (12:30pm)

Douglass Park – 03/12/26 (11am) | Municipal Gardens – 03/17/26 (1:00pm)

Classes are **FREE** to Marion County residents. Registration is required. Attendees will receive food samples/recipes and a chance to win fun giveaway items. Call **Indy Parks** (317-327-7275) or **Haughville Library** (317-275-4420) for more info on registering **OR** sign up on their website. **Scan** the QR code for nutritious recipes!





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April: Reducing Your Diabetes Risk with Nutrition

Nutrition plays a central role in diabetes prevention and blood sugar management. This class focuses on how meal balance, portion awareness, fiber intake, and consistent eating patterns influence glucose control and metabolic health. It also addresses how carbohydrates affect blood sugar and how sustainable nutrition approaches support long-term health without extreme or restrictive practices.

Haughville Library - 04/14/26 (12pm) | Riverside Park – 04/15/26 (12:30pm)

Douglass Park – 04/16/26 (11am) | Municipal Gardens – 04/21/26 (1:00pm)

May: Healthy in a Hurry

Fast-paced schedules often make healthy eating feel challenging. This topic focuses on realistic nutrition approaches for busy lifestyles, emphasizing simple planning strategies, balanced convenience choices, and practical ways to maintain nourishing meals when time is limited. It highlights how thoughtful food choices can support energy, balance, and overall health, even on the busiest days

Haughville Library – 05/12/26 (12pm) | Riverside Park - 05/13/25 (12:30pm)

Douglass Park – 05/14/25 (11am) | Municipal Gardens – 05/19/25 (1:00pm)

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