



# Nutrition Education Classes

Washington Park- 3130 E 30<sup>th</sup> St, 46218 | Rhodius Park-1720 W Wilkins St, 46221

Municipal Gardens- 1831 Lafayette Rd, 46222 | Haughville Library- 2121 W Michigan St, 46222

Riverside Park- 2420 E Riverside Dr, 46208

## Sweet Stuff: Sugar 101.

Sugar, honey, syrups, and other sweeteners are found in many common foods and drinks that we enjoy. It can be tricky to understand how much sweetener is too much, and how they may affect your health. Come join our nutrition experts to learn more about the different types of sweeteners we consume and get answers to all your questions.

Haughville Library – 02/13/24 (12pm) | Rhodius Park – 02/15/24 (5:30pm)  
Municipal Gardens – 02/20/24 (12:30pm) | Riverside Park -02/22/24 (12pm)

## Label Reading: Where to Start.

Making informed food choices is an important step in learning to eat well for good health. But making sense of the nutrition label and other nutrition claims can be confusing and overwhelming. This lesson will explore the basics of how to read the nutrition labels so that you can feel confident about the food choices you make at the grocery store.

Haughville Library – 03/12/24 (12pm) | Rhodius Park – 03/14/24 (5:30pm)  
Mun. Gardens – 03/19/24 (12:30pm)  
Washington Park – 03/20/24 (12pm) | Riverside Park – 03/21/24 (12pm)

## Gardening for our Health.

Gardening is a phenomenal way to get connected with what we eat! Whether it's a personal hobby that involves growing some fruits and vegetables, or a community experience that has you sharing your produce, gardening has lots of benefits! The connection with nature, physical activity, and fresh produce can impact our health and wellbeing.

Haughville Library – 04/09/24 (12pm) | Rhodius Park – 04/11/24 (5:30pm)  
Mun. Gardens – 04/16/24 (12:30pm) | Riverside Park – 04/18/24 (12pm)

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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## Fact or Fad: Weight Management.

Whether it's Atkins, Keto, intermittent fasting, the grapefruit diet...you've likely heard of these weight loss diets. While it's true that our weight impacts our health, there can be some unpleasant or even dangerous side effects of some popular weight loss diets. Join our nutrition experts this month as we clear up the confusion and learn about achievable steps to approach eating for weight management.

Haughville Library – 05/14/24 (12pm) | Rhodius Park – 05/16/24 (5:30pm)  
Mun. Gardens – 05/21/24 (12:30pm)  
Washington Park – 05/22/24 (12pm) | Riverside Park – 05/23/24 (12pm)

## Cooking with Greens, Beans, and Berries.

If ever there were an award for powerhouses of nutrition, beans, greens and berries would be strong contenders for first place. Packed with nutrients, versatile and affordable, these foods should play a prominent role in your meal planning. Join us this month to learn about the benefits of eating these super foods and for creative ways to make them part of your everyday meals. Recipes and samples included!

Haughville Library – 06/11/24 (12pm) | Rhodius Park – 06/13/24 (5:30pm)  
Mun. Gardens – 06/18/24 (12:30pm) | Riverside Park -06/20/24 (12pm)

## Gut Bugs: Pre-biotics and Probiotics.

In the past few years, nutritional research on gut bacteria has grown. We now know that our gut bacteria can have a big impact on our overall health. Join us to discuss the latest research on pre-biotics and probiotics and nutrition recommendations for maintaining a healthy population of gut bacteria.

Haughville Library – 07/09/24 (12pm) | Rhodius Park – 07/11/24 (5:30pm)  
Mun. Gardens – 07/16/24 (12:30pm)  
Washington Park – 07/17/24 (12pm) | Riverside Park – 07/18/24 (12pm)

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