



Nutrition Education Classes

Haughville Library- 2121 W Michigan St, 46222 | Washington Park- 3130 E 30th St, 46218

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

Heart Healthy Cooking Made Simple.

Often when we discuss heart health, we learn what foods we should limit. While that information is helpful, it is important to learn about what foods to eat more of and how you can begin incorporating them into your meals and snacks. Learn simple swaps to create heart-healthy meals that are delicious and easy to prepare.

Haughville Library - 02/11/25 (12pm) | Washington Park – 02/12/25 (1:30pm)

Douglass Park – 02/13/25 (11am) | Municipal Gardens – 02/18/25 (12:30pm)

The Connection Plate: Food, People, and Culture.

Food is more than fuel—it’s a way to connect with family, friends, and culture. In this class, we’ll explore how to enjoy social meals while staying on track with your health goals. Learn practical tips for dining out, making mindful choices, and savoring every moment without guilt.

Haughville Library - 03/11/25 (12pm) | Washington Park – 03/12/25 (1:30pm)

Douglass Park – 03/13/25 (11am) | Municipal Gardens – 03/18/25 (12:30pm)

DIP-IN!

Dive into the world of dips with this fun and tasty nutrition class! Learn how to take classics like salsa, guacamole, and hummus and add a twist to it using fresh, wholesome ingredients. Dips are perfect for snacks, parties, or meal prep. Packed with flavor and nutrients that you will love!

Haughville Library - 04/08/25 (12pm) | Washington Park – 04/09/25 (1:30pm)

Douglass Park – 04/10/25 (11am) | Municipal Gardens – 04/15/25 (12:30pm)

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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Master Your Macros: Carbohydrates.

Carbohydrates get a bad reputation sometimes; however, they are your body's main source of energy and are vital for good health. Not all carbs are created equally! Learn the difference between simple and complex carbs, and how to choose options that keep your energy steady and your blood sugar in check.

Douglass Park – 05/08/25 (11am) | Haughville Library - 05/13/25 (12pm)

Washington Park – 05/14/25 (1:30pm) | Municipal Gardens – 05/20/25 (12:30pm)

Master Your Macros: Proteins.

Protein is known as our main muscle builder. Did you know that it also helps keep you full and supports your metabolism? This part of the Macronutrients series will discuss how much protein you really need and the best sources to include in your diet. We'll also discuss plant-based proteins and tips for incorporating them into your meals.

Haughville Library - 06/10/25 (12pm) | Washington Park – 06/11/25 (1:30pm)

Douglass Park – 06/12/25 (11am) | Municipal Gardens – 06/17/25 (12:30pm)

Master Your Macros: Fats.

Not all fats are bad! Find out which fats can boost your heart and brain health, and which ones to avoid. This session will teach you how to balance healthy fats in your diet while keeping meals tasty and satisfying.

Haughville Library - 07/08/25 (12pm) | Washington Park – 07/09/25 (1:30pm)

Douglass Park – 07/10/25 (11am) | Municipal Gardens – 07/15/25 (12:30pm)



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