

Hearty Nutrition Workshop Series

With Kathy McNeely, MS, CNS, Licensed Nutritionist & Health Coach

At Joe's Movement Emporium

3309 Bunker Hill Road | Mt. Rainier, MD 20712 | www.joesmovement.org | 301 -699-1819

Suggested Donation: \$10. Please pre-register at www.joesmovement.org



BREAKING UP WITH SUGAR *Thursday, October 8th at 7 pm*

Sometimes sugar just isn't so sweet – it takes its toll on our bodies in the form of energy and mood swings, weight gain, diabetes and other maladies. Yet when that powerful craving comes upon us we find sugar hard to resist. Participants will look explore the source of most sweeteners in the western diet and learn of their impact on the human body. Participants are encouraged to develop strategies for cutting down on sweets based on some simple steps presented in this 50-minute workshop.



SALT: FRIEND OR FOE? *Sunday, October 18th at 2 pm*

Designed for people who have been told to cut the salt from their diets! 60- minute workshop on the role of salt in the body, that covers of the reasons why doctors often recommend a reduced salt diet with certain health conditions. Workshop will cover new science on salt as well as action steps individuals can take if they are interested in reducing their salt intake.



APPLE SEASON COOKING DEMONSTRATION *Thursday, October 29th at 7 pm*

Participants will become acquainted with the nutritional benefits of apples, they will learn what to look for when choosing apples, how to store them and how to cook with them. Participants will also participate in making and sampling a sugarless apple snack, a green apple smoothie and an easy-to-make apple-squash soup. All easy-to-follow recipes will be shared with participants so they can make these dishes at home.



SPICES, FLAVORS AND FLAVORING *Thursday, November 12th at 7 pm*

Designed for people who want to cut down on salt and add more spice to their meals but do not know where to start! What role do spices play in our life? How are they aligned to our sense of taste? 50- minute workshop on how to use spices with some basics on how to get the flavors you've tasted at restaurants in the dishes you cook at home.



HEALTH STRATEGIES FOR THE HOLIDAY SEASON *Sunday, November 22nd at 2 pm*

Designed for people who feel that their best health goals are completely undone by the 5 weeks of holiday parties that happen between Thanksgiving and the end of the year. Participants will receive a number of strategies and work to formulate their own plans for staying on track during the holiday season.



THE SKINNY ON FATS *Sunday, December 6th at 2 pm*

Confused about the "new science on fat?" Can I eat fats now, or are they still dangerous to my health? Participants will learn about the sources of fat in the diet as well as the difference between saturated, unsaturated and trans fats, and which are the fats that are to be avoided. Participants will recognize the different names for fats, the benefits of some essential fatty acids for optimal health and will receive concrete recommendations on how to cook and store their oils to prevent them from spoiling.

About Kathy McNeely: Kathy is a licensed nutritionist in the state of Maryland and graduated from MUIH, Maryland University of Integrative Health (formerly known as Tai Sophia Institute) with an MS in Nutrition and Integrative Health. She has practiced health coaching since 2009 when she was certified as a Holistic Health Coach by the American Association of Drugless Practitioners.

Learn more: www.heartynutrition.com

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