

## **Nutrition Classes available at VCU Women's Health Care at Stony Point**



All Classes meet in the first floor conference room in Women's Health Care, 9000 Stony Point Parkway.  
(At the opposite end of the Parkway from Stony Point Fashion Park)

**Class details, registration, and fees are on the back of this page.** To obtain class brochures, or more information,  
contact Mary-Jo Sawyer, RD, at 327-8830 or [mpsawyer@vcu.edu](mailto:mpsawyer@vcu.edu))

### **January 2006**

- 1/4/06: **Diabetic Dining Made Easy**- Wednesday morning, 9:30 a.m. – 11:30 a.m.  
1/17/06: **Lean 'N Easy Cholesterol Lowering Diet Class**- Tues. morning, 9:30 – 11:30 a.m.  
1/19/06: **Lean 'N Easy Cholesterol Lowering Diet Class**- Thurs. Evening, 7:00 – 9:00 p.m.  
1/23/06: **Choose to Lose Healthy Eating and 8-week Weight Loss Program**: 7:00 – 9:00 p.m.  
Monday evenings for 8 weeks, 1/23 – 3/13.  
1/24/06: **Choose to Lose Healthy Eating and 8-week Weight Loss Program**: 9:30 – 11:30 a.m.  
Tuesday mornings for 8 weeks, 1/24 – 3/14.

### **February 2006**

- 2/1/06: **Diabetic Dining Made Easy**- Wednesday morning, 9:30 a.m. – 11:30 a.m.

### **March 2006**

- 3/1/06: **Diabetic Dining Made Easy**- Wednesday morning, 9:30 a.m. – 11:30 a.m.  
3/27/06: **Food & Fitness Weight Loss Seminar**- Monday evening, 7:00 – 9:00 p.m.  
3/28/06: **Food & Fitness Weight Loss Seminar**- Tuesday morning, 9:30 – 11:30 a.m.

### **April 2006**

- 4/3/06: **Lean 'N Easy Cholesterol Lowering Diet Class**- Monday Evening, 7:00 – 9:00 p.m.  
4/4/06: **Lean 'N Easy Cholesterol Lowering Diet Class**- Tues. morning, 9:30 – 11:30 a.m.  
4/5/06: **Diabetic Dining Made Easy**- Wednesday morning, 9:30 a.m. – 11:30 a.m.  
4/24/06: **Food & Fitness Weight Loss Seminar**- Monday evening, 7:00 – 9:00 p.m.  
4/25/06: **Food & Fitness Weight Loss Seminar**- Tuesday morning, 9:30 – 11:30 a.m.

### **May 2006**

- 5/1/06: **The First Step Program**- Four-week walking program with step pedometer. Monday evenings, 7:00 p.m. – 9:00 p.m. for four weeks: 5/1, 5/8, 5/15, 5/22.  
5/2/06: **The First Step Program**- Four-week walking program with step pedometer. Tuesday mornings, 9:30 a.m. – 11:30 a.m., for four weeks: 5/2, 5/9, 5/16, 5/23.  
5/3/06: **Diabetic Dining Made Easy**- Wednesday morning, 9:30 a.m. – 11:30 a.m.  
5/18/06: **Food & Fitness Weight Loss Seminar**- Thursday evening, 7:00 – 9:00 p.m.  
5/30/06: **Food & Fitness Weight Loss Seminar**- Tuesday morning, 9:30 – 11:30 a.m.

### **June 2006**

- 6/6/06: **The First Step Program**- Four-week walking program with step pedometer. Tuesday mornings, 9:30 a.m. – 11:30 a.m., for four weeks: 6/6/, 6/13, 6/20, 6/27.  
6/7/06: **Diabetic Dining Made Easy**- Wednesday morning, 9:30 a.m. – 11:30 a.m.  
6/12/06: **Food & Fitness Weight Loss Seminar**- Monday evening, 7:00 – 9:00 p.m.  
6/19/06: **Food & Fitness Weight Loss Seminar**- Monday morning, 9:30 – 11:30 a.m.