



2020 Nutrition & Health Workshops

January: The Joy of Eating While Caring for Health

Wednesday, January 8, 6:30-7:30pm

Nuuanu YMCA, Metro Board Room

“Healthy food doesn’t taste good”; we hear this all the time. However, healthy food does not need to taste like a cardboard box! You don’t need to give up foods you enjoy for the sake of healthy eating. The participant will learn ways to care for the health of themselves and their family while celebrating their cultural traditions; all this without being on a restrictive, tasteless diet. Tips for shopping, preparing and eating foods for weight loss/management and chronic disease prevention are highlighted. Reserve your space using this link <http://bit.ly/NSJan2020>
Free. Donation suggested.

February: Understanding Carbohydrates, Proteins and Fats

Wednesday, February 12, 6-7pm

Nuuanu YMCA, Metro Board Room

Food in balance is medicine! You do not have to completely give up meat, carbs or foods you enjoy for the sake of health; instead you need to create a rhythm with eating. This workshop explores carbohydrates, protein and fat and how we need to balance them to be our medicines. Reserve your space using this link <http://bit.ly/NSFeb2020>
Free. Donation suggested.

March: Delicious and Nutritious Eating on a Budget

Wednesday, March 11, 6:30-7:30p

Nuuanu YMCA, Metro Board Room

Healthy eating helps with weight management and chronic disease prevention but does not need to cost a fortune. Join us, as we explore cost-effective ways to shop and prepare nutritious and delicious meals. Reserve your space using this link <http://bit.ly/NSMarch2020>
Free. Donation suggested.

April: Fasting is Fantastic

Wednesday, April 8, 6:30-7:30pm

Nuuanu YMCA, Metro Board Room

Fasting is a hot topic these days. How does this ancient practice benefit our modern-day health? There are many ways to fast, and there is benefit in its practice for chronic diseases such as diabetes and heart disease. In this workshop we discuss how to healthfully fast to benefit one's personal health. Reserve your space using this link <http://bit.ly/NSApr2020>
Free. Donation suggested.

May: Preventing and Reversing Type 2 Diabetes

Wednesday, May 13, 6:30-8:30pm

Nuuanu YMCA, Metro Board Room

\$25

When one tries to prevent or manage diabetes, they may feel as if they're on a restrictive diet. In this special two-hour seminar, the participant learns ways to prevent/reverse type 2 diabetes through shopping, cooking, and eating techniques. Walk away with tips to apply to everyday life while still eating the foods you enjoy. Food samples included.
Reserve your space using this link <http://bit.ly/NSMay2020>

June: A Healthy Twist on da Local Favorites

Wednesday, June XX

Nuuanu YMCA, Metro Board Room

\$25

We all know, there are many ono local dishes! Approaching them through balance and ingredients used is key. In this special two-hour seminar, we put a healthy twist on local dishes without compromising taste. Food samples included.
Reserve your space using this link _____.

July: Boosting Our Brain Health

Wednesday, July XX

Nuuanu YMCA, Metro Board Room

Early onset of dementia is on the rise. What can we do through dietary and lifestyle practices to help keep our brains in tip-top shape? Join us to learn more! Reserve your space using this link _____.
Free. Donation suggested.

August: Preparing, Quick, Healthy Meals

Wednesday, August XX

Nuuanu YMCA, Metro Board Room

We are all short on time these days. We discuss ways to get a nutritious and delicious meal on the table in a short amount of time, without leaning towards the unhealthy convenience foods.

Reserve your space using this link _____.

Free. Donation suggested.

September: Stomping Out Stress

Wednesday, September XX

Nuuanu YMCA, Metro Board Room

Stress can have a great impact on our current and long-term health. In the first portion of the workshop, we discuss how stress affects the body, then we end it with fun and practical ways to manage it.

Reserve your space using this link _____.

Free. Donation suggested.

October: Joyful Holiday Eating

Wednesday, October XX

Nuuanu YMCA, Metro Board Room

People tend to put on a little weight during the holiday season. We also tend to throw off our healthy routines this time of year. This doesn't need to be the case! In this workshop, the participant will walk away with practical strategies to manage weight and health during the holiday season, while still enjoying wonderful foods and moments of the season; all without feeling deprived.

Reserve your space using this link _____.

Free. Donation suggested.

November: Enjoying Every Bite

Wednesday, November XX

Nuuanu YMCA, Metro Board Room

Many feel powerless when it comes to controlling food portions. Participants will learn ways to control how much they eat at each setting, especially when it comes to the foods they love.

Less truly does equal more.

Reserve your space using this link _____.

Free. Donation suggested.