



# 2020 Nutrition & Health Workshops

## **January: The Joy of Eating While Caring for Health**

**Monday, January 13, 6:30-7:30pm**

**Mililani YMCA, Classroom 1**

“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 by calling: (808) 625-1040

Cost: Free. Donation Suggested

## **February: Understanding Carbohydrates, Proteins and Fats**

**Monday, February 10, 6:30-7:30pm**

**Mililani YMCA, Classroom 1**

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 by calling: (808) 625-1040

Cost: Free. Donation Suggested

## **March: Delicious and Nutritious Eating on a Budget**

**Monday, March 9, 6:30-7:30pm**

**Mililani YMCA, Classroom 1**

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 by calling: (808) 625-1040

Cost: Members Free. Donation Suggested

## **April: Fasting is Fantastic**

**Monday, April 6, 6:30-7:30pm**

**Mililani YMCA, Classroom 1**

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 by calling: (808) 625-1040  
Cost: Members Free. Donation Suggested.

## **May: Preventing and Reversing Type 2 Diabetes**

**Monday, May 11, 6:30-7:30pm**

**Mililani YMCA, Classroom 1**

When one tries to prevent or manage diabetes, they may feel as if they're on a restrictive diet. In this 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. A food sample will be included.

Reserve your space by calling: (808) 625-1040

Cost: \$25.00