

# Free Nutrition Classes

All ages welcome!  
Spanish will be offered  
Classes held at the Jerome Recreation District

**October**  
**Wednesday October 18, 2017**  
**6:30pm-7:30pm**

**The Basics of Diabetes & Sugar-** Come learn the basic components of foods; fats, proteins, and carbohydrates. Then we'll explore how these components affect blood sugar. The goal for this class is that you will be able to identify what foods directly affect blood sugars.

**November**  
**Wednesday November 15, 2017**  
**6:30pm-7:30pm**

**Meal Plans-** Learn to plan meals based on your individual needs. This class will explore how to reach appropriate calorie levels without going "crazy". Explore basic nutritional methods for improved nutrition and weight loss.

**December**  
**Wednesday December 13, 2017**  
**6:30pm-7:30pm**

**Improving your Health-** After all a healthy diet is a healthy diet whether you diabetic or not! First a discussion about non-food factors that affect blood sugar. Next, a short 10 min. exercise class with Amy Worthington. Be prepared to do a few exercises, focusing on exercise for those over 60 years. Finally a demonstration on how to modify your own home recipes for improved health with taste testing!