

Eat Well. Be Happy.

6-Week Weight Management Series

Sessions 1, 2, 3, 4, 6: ShopRite, 46 Kane St.,
West Hartford

Session 5: Mandell JCC

Registered Dietitian for Joseph Family Markets

Wednesdays • 6:00-7:30 pm • Feb 24-Mar 30

Topics covered:

Session 1: Volumetric/Meal Planning

Session 2: Importance of Breakfast: Adding fiber in your diet

Session 3: Eating Healthy on the Go: Label Reading, Lunches
and Midday Cravings

Session 4: Cooking for Weight Loss & Dining Out

Session 5: Role of Physical Activity & Hydration

Session 6: Maintenance

FREE for Community (Space is limited)

Register by February 22 at the Mandell JCC
Members Services Center, 860-236-4571.

For more information contact Sara Billings,
860-231-6331, sbillings@mandelljcc.org or
Shana Griffin RDN, CDN, 860-233-1713,
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A partnership with
Mandell JCC and the
Joseph Family's
ShopRite of West Hartford



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