

SPRING NUTRITION WORKSHOPS

**Please reserve your seat through
NYHRC.com/nutrition.**

Hosted by NYHRC's Registered Dietitian: Alanna Cabrero, MS, RDN, CDN
Complimentary for members, \$25 entrance fee for guests of members.

TUESDAY, 3.8 at 6:30 PM

NUTRITION 101

2 Water St Resident Lounge, 5th floor

Learn how to construct healthy balanced breakfasts, lunches, dinners, and snacks, whether prepared or ordered. This Fooducation includes a breakdown of the Nutrition Facts Panel on Food Products.

TUESDAY, 5.3 at 6:30 PM

EATING FOR A HEALTHY HEART

NYHRC 23rd St. Functional Training Studio

Kick-start your healthy heart diet with three easy strategies:
Fiber, Fat and the Flexitarian Diet.

TUESDAY, 7.12 at 6:30 PM

DETOXIFICATION & CLEANSING 101

2 Water St Resident Lounge, 5th floor

Understand the basics of a healthy detox and cleanse and how to do it properly.

