

What is Fat?

Join us for Nutrition Basics

What is a
carbohydrate?

Come and Learn about Diabetes &
Food, Meal Planning Tips, and
What is a healthy plate?
Basic recipe substitutions

What is a
protein?

Upcoming FREE Classes:

Tuesday, September 20, 2022

Tuesday, November 15, 2022

5:00-6:30PM

Call 502-955-5355 to sign up today!