



Nutrition Program

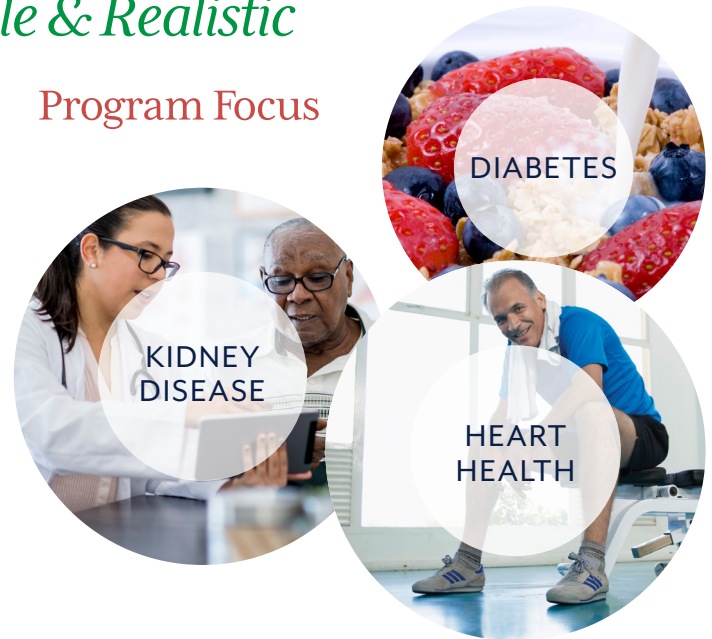
Health & Wellness: Sustainable & Realistic

Nutrition plays a vital role in improving the overall well-being of people with chronic diseases.

Program Goals

- Increase knowledge and awareness of how diet and lifestyle help manage chronic diseases
- Promote self-management
- Reduce disease progression and the risk of adverse events

Program Focus



Program Timeline (7–12 Weeks)



WEEKS 1 & 3

Group Classes

Fun, interactive, and informative group classes are hosted by Registered Dietitians. The classes focus on disease basics and evidence-based medical nutrition therapy recommendations.



WEEK 5

Grocery Store Tour

Learn how to shop for budget-friendly, healthy meals for you and your family during a grocery store tour.



WEEK 7

Cooking Demo

Spice up your culinary know how by learning about healthy recipes and ingredients. You'll also learn fundamental food and kitchen safety skills.



WEEKS 8, 10 & 12

Individual Counseling

Strengthen your knowledge of nutrition and establish your individualized food plan and goals by having a 1:1 session with an experienced Registered Dietitian, as applicable.