



Nutrition for a Healthy Life

This nutritional program series helps participants enhance their knowledge and facilitate healthy behavior change across their lifespans. We show how to incorporate more vegetables, whole grains, and fruits into diets through cooking demonstrations to create chronic disease-preventative lifestyle behaviors.

Centerville Branch
**3025 Bethany Church
Road, Snellville, GA 30039**
11 am - 12:30 pm

Tuesday, March 25
Functional Foods and Nutritional Benefits
Tuesday, April 29
Basics of Food Preservation
Monday, May 27
Calcium Sources

Presented in partnership with

