



NATIONAL
NUTRITION
MONTH

Calendar of Classes and Events

Saturday, March 5	8 a.m. – 1 p.m. Tabling at the Old Town Newhall Farmer's Market.
Tuesday, March 8	2 – 3 p.m. Plant Based Nutrition for Optimal Health.
Wednesday, March 9	National Registered Dietitian Day - Say thank you to our dietitians!
Thursday, March 10	12:30 – 1:30 p.m. Fueling for Fitness.
Tuesday, March 15	4 – 5 p.m. Lifestyle and Nutrition for Cancer Prevention.
Wednesday, March 16	4 – 5 p.m. Nutrition for Liver Health.
Friday, March 18	3:30 – 4:30 p.m. Understanding Food Choices for Celiac Disease.
Wednesday, March 23	2 – 3 p.m. Mindful Eating. 4 – 5 p.m. One Story, One City "The Nature Fix" at Old Town Newhall Library.
Thursday, March 24	5:30 – 6:30 p.m. Healthier U! Kick Fad Diets to the Curb!
Friday, March 25	9 a.m. – 12 p.m. Henry Mayo Health Fair at Canyon Country Community Center. 4 – 5 p.m. One Story, One City "The Nature Fix" at Canyon Country Library.
Monday, March 28	10 – 10:30 a.m. Personalize My Plate.
Wednesday, March 30	5:30 – 6 p.m. What's Wrong with Hot Cheetos?

For more information or for class schedules and to register, visit henrymayo.com/classes-events/.

