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				Living with Diabetes 1 9:00 – 10:00 AM  DASHing Towards Good Health 6:30 – 7:30 PM 	Kitchen Savvy Kids 2 9:00 – 10:00 AM  Heart Smart Shopping 12:00 – 1:00 PM 	Get Cracking with Egg Nutrition 3 12:00 – 1:00 PM 
Fighting Cancer with Your Fork 4 5:00 – 6:00 PM 	Cheap Eats: Ready, Set, Save! 5 6:30 – 7:30 PM 	Exploring the Mediterranean Diet 6 9:00 – 10:00 AM  Eating Behavior Management Series  6:30 – 7:30 PM	Don't Get Sacked by Game Day Snacks 7 6:30 – 7:30 PM 	Exploring the Mediterranean Diet 8 6:30 – 7:30 PM 	Flu Season Ahead 9 12:00 – 1:00 PM 	10
11	Canned Foods Can Be Healthy 12 6:30 – 7:30 PM 	Shopping for Whole Grains 13 6:30 – 7:30 PM 	Gluten-Free Living 14 6:30 – 7:30 PM 	Eating Behavior Management Series 15 4:00 – 5:00 PM  Let's Get Cooking: Coconut Curry Chicken with Cauliflower and Peas 6:00 – 7:00 PM 	DASHing Towards Good Health 16 12:00 – 1:00 PM 	17
Down Home and Healthy: Old Fashioned Black-Eyed Peas and Pecan Kale Salad 18 12:00 – 1:00 PM 	19	Mindful & Healthy Snacking 20 10:00 – 11:00 AM  Living with Diabetes 6:30 – 7:30 PM 	Kids Get Cooking: Chocolate German Pancakes with Berries and Cream 21 10:00 – 10:45 AM 	Kids Get Cooking: Toasted Granola Cups with Yogurt and Fruit 22 6:00 – 7:00 PM  Heart Smart Shopping 7:00 – 8:00 PM 	Kids Get Cooking: Toasted Granola Cups with Yogurt and Fruit 23 11:00 AM – 12:00 PM  Lunch & Learn: Herbs Every Cook Should Use 12:00 – 1:00 PM 	Canned Foods Can Be Healthy 24 12:00 – 1:00 PM 
25	Go Nuts for Better Health 26 6:30 – 7:30 PM 	Shopping for Whole Grains 27 9:00 – 10:00 AM  Mindful & Healthy Snacking 6:00 – 7:00 PM 	Lowdown on Lactose Intolerance 28 6:30 – 7:30 PM 	Eating Behavior Management Series 29 4:00 – 5:00 PM  Kitchen Savvy Kids 6:30 – 7:30 PM 		
				 Presentation  Support Group  Hands-On Kid Activity  Cooking Demo  Virtual Store Tour  Movement Demonstration	Learn something new with our FREE Virtual Nutrition Events!  Led by registered dietitians, we offer fun & educational events for the whole family. For full event descriptions & to register, Scan this QR Code or bigy.com/be-well/virtual-nutrition-offerings	