



## Nutrition Series

(No Charge)

### Protein and a Healthy Heart

With Hannaford's Store Dietitian, Minna Scholten,  
MS, RDN, LDN



Tuesday, September 10<sup>th</sup> at 11:30am

Come listen to the newer, conflicting and confusing information about eggs related to cardiovascular health. Also a discussion on adequate protein amounts for people over 55. Discussion will include how various types of protein containing foods may impact our heart health in different ways. Minna will prepare some healthy items and will provide the recipes for us to take home and to try on our own. Sign up to snack and chat with Minna.

### Pantry Staples for Easy Meals

With Hannaford's Store Dietitian, Minna Scholten, MS, RDN, LDN

Tuesday, October 15<sup>th</sup> at 12:30pm

The key to preparing nutritious meals with ease is stocking your pantry with the right basics. You'll leave this class with great tips on what to keep in the kitchen for cooking balanced meals for one or two people. Samples and recipes will be provided at this snack and chat with Minna.

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### Nutrition Talks



With Pennant CrossFit's Well Fed Nutrition's  
Health Coach, Nicole Newton



Tuesday, October 8<sup>th</sup> at 12:00pm

Sign up to listen to the nutritional needs of those over 60 and how they should try to structure their meals each day. (light refreshments will be served)

Tuesday, October 22<sup>nd</sup> at 12:00pm

Sign up for this second talk covering nutrition basics such as calories, macronutrients, and how to plan for meals when you are grocery shopping. (light refreshments will be served)

