

SPRING WORKSHOPS

LOCATION: All workshops are held at the NFHT Office at the Northumberland Mall	Meeting Date	Time
Mediterranean Diet Learn about a diet that is perfect for those with high blood pressure, high cholesterol, diabetes and other health conditions. Mediterranean Diet - Supermarket Tour Join our Registered Dietitians to learn how to navigate the grocery store to find the best local choices for you to start eating the Mediterranean way.	Tues. April 17th Tues. May 8th	1:30 p.m. - 3:00 p.m. 1:30 p.m. - 3:00 p.m.
Diabetes and Caring For Your Feet Screening and Education.	Tuesday April 24th	9:30 a.m.- 10:30 a.m.
Peace at Mealtimes Bring peace back to your family meals with some new strategies.	Monday May 14th	11:00 a.m. - 12:00 p.m.
Menopause Explore your menopause with an interactive workshop and panel with NFHT Health Professionals.	Tuesday May 15th	5:30 p.m. - 7:00 p.m.
Gas, Bloating, IBS? 2 Week Session What is Irritable Bowel Syndrome, finding dietary triggers and develop a plan.	Thursdays May 17th and May 24th	9:30 a.m.- 11:00 a.m.
Exercise is Medicine 4 week Series on the Benefits of Physical Activity on Health and Wellness.	Wednesdays May 2nd, 9th, 16th, and 23rd	5:30 p.m.- 7:00 p.m.
Rise Up From Depression Anxiety Group—6 Week Program Sleep Workshop Stress Management Group	Contact for Dates and Times	
Quit Smoking Program—Information Session Hear about the Smoking Cessation Program offered to NFHT Patients No Commitment Required!	Groups Ongoing Call for Next Date	Tuesdays and Friday