



CONNECT COMMUNITY KITCHEN

Sponsored by **BARTON HEALTH**
and **ELEVATE WELLNESS CENTER**

It's A New Day, New You Workshop



8-Week Workshop Series

at Lake Tahoe Community College

March 1 - April 28

• **Nutrition and Cooking Workshops** focus on the power of food and eating for life.

~ facilitator June Denney, R.D. Nutrition Consultant

• **Stress Management** lectures and practical exercises focus on *Achieving Your Goals - Conquering Barriers to Change* and *Identifying Your Relationship to Food*.

~ facilitator Catherine Aisner, Ph.D., Psychologist
and Marty Cross, LTCC instructor

• **Get Fit Exercise Tasters** offer a variety of exercise classes including yoga, cardio and core that focus on getting your body fit and strong. All ages and fitness levels are welcome.

~ LTCC facilitators

Cost: \$249* ~ Register today at
<http://register.asapconnected.com/ltcc.edu>

* Individual workshops priced separately. See website for details.

Scan the code at the right with your smart phone for more information or to go directly to the registration website.



Workshop Schedule

Thurs., March 1	<i>Orientation and Achieving Your Goals, and Conquering Barriers to Change Lecture 6-8pm</i>
Sat., March 3	<i>Get Fit Exercise Class 8:30-9:30am</i>
Tues., March 6	<i>Nutrition and Cooking - Healthy Snacks 6-9pm</i>
Sat., March 10	<i>Get Fit Exercise Class 8:30-9:30am</i>
Thurs., March 15	<i>Stress Management Practice 6-7pm</i>
Sat., March 17	<i>Get Fit Exercise Class 8:30-9:30am</i>
Tues., March 20	<i>Nutrition and Cooking - Healthy Breakfasts 6-9pm</i>
Sat., March 24	<i>Get Fit Exercise Class 8:30-9:30am</i>
Thurs., March 29	<i>Stress Management Lecture, and Identifying Your Relationships to Food 6-7:30pm</i>
Sat., March 31	<i>Get Fit Exercise Class 8:30-9:30am</i>
Tues., April 3	<i>Nutrition and Cooking - Healthy Lunches 6-9pm</i>
Sat., April 7	<i>Get Fit Exercise Class 8:30-9:30am</i>
Tues., April 17	<i>Nutrition and Cooking - Healthy Dinners 6-9pm</i>
Sat., April 21	<i>Get Fit Exercise Class 8:30-9:30am</i>
Thurs., April 26	<i>Stress Management Practice 6-7pm</i>
Sat., April 28	<i>Get Fit Exercise Class 8:30-9:30am</i>

**** Full Scholarships are available through Elevate Wellness Center.**

For further information and an application, please visit elevate-wellness.com

Fuel your Kitchen with Community Grown Nutrition