



Energized Intentions/Preferred Pediatrics Nutrition Class

Class name: *Practical Nutrition*

Description: With all of the conflicting nutritional information out there, it's easy to get frustrated and confused about what's healthy and what's not. This class will clarify the confusion about carbs, the frustrations about fats, and the particulars about protein. Learn how to sort through the overwhelming information using food labels and the basics of good nutrition, leaving you with practical strategies for healthier eating for the whole family!

Date: Wednesday, January 18, 2017

Time: 6:00-7:00pm

Where: Preferred Pediatrics 9755 Courthouse Road, Suite 101

Cost: \$10 per family

How to register: Fill out the form below and return to the front desk with payment by Friday, January 13, 2017 or call 540.834.4608 to pay by phone. Space is limited.

The information provided does not represent the individual views of the providers at Preferred Pediatrics. The information is by a registered dietitian nutritionist and is for general use only. Please direct any specific questions to your child's provider.

Fill out the form below and return to the front desk to register:

NAME _____ PHONE # _____

E-MAIL ADDRESS _____

AGE(S) OF YOUR CHILDREN _____

Please list ONE question you hope to have answered during this class:

List ideas for future class topics: _____