



The Nutritionist

classes & tours

CAMP HILL • January/February



Sylvia Warner, MEd, RD, LDN
Camp Hill In-store Nutritionist

3301 Trindle Road
Camp Hill, PA 17011
717-724-1166

Registration is required for all Nutritionist classes.
Call 717-724-1166 to register.

Wednesday Jan. 11

Defeat Sugar Cravings

1–2pm OR 5:30–6:30pm • **FREE** • Adults

Registration Required by Monday, January 9

Meets in the Camp Hill Community Center
Start your new year out right by defeating the Sugar Monster! Join Sylvia, our Nutritionist, to learn how sugar affects your mind and body. Learn how to help sugar cravings go away or prevent them altogether by combining foods and enjoying newfound energy. You will go home with new strategies, a great recipe and plans to control the sugar beast within.

Wednesday Jan. 18

Month #1 – Healthy Ideas™ for Cooking: Making Soup

5:30–6:45pm • **\$10** • Adults

Registration Required by Friday, January 13

Meets in the Camp Hill Cooking School
Canned and frozen soups are notoriously loaded with sodium. We'll help you take control in your kitchen. Our Nutritionist and Cooking School Team will show you how to save time and money by making your own stocks and broths from vegetables and meats you might otherwise throw away. Taste a great soup and take the recipe home!

Tuesday Jan. 31

Make This Your Year of Health and Wellness

1–2:15 pm OR 5:30–6:45 pm

FREE • Adults

Seating is limited to 15 participants

Registration Required by Friday, January 27

Meets in the Camp Hill Community Center
Create food and lifestyle goals with the help of trained professionals! Sylvia, our Nutritionist, will present ideas to help you commit to a healthier diet this year. Momentum Female Fitness Center will show balance exercises in the 1:00pm session, and some light resistance training in our 5:30pm session. You will go home with new strategies, a great recipe and plans to make this your year of health and wellness. Wear comfortable clothes and shoes when you join us.

Wednesday Feb. 8

Month #2 – Healthy Ideas™ for Cooking: Spicing It Up

5:30–6:45pm • **\$10** • Adults

Registration Required by Friday, February 3

Meets in the Camp Hill Cooking School
With Valentine's Day around the corner, surprise your loved ones with some treats that will be both kind to the heart and spirit. If you decide not to cook, our Nutritionist, Sylvia, will discuss heart-happy choices for restaurant dining. Then, our Cooking School team will help you spice up Valentine's Day in your own home. Enjoy these healthy ideas from the Camp Hill Cooking School and Nutritionist this Valentine's Day and all year long!

Need help with your gluten-free or diabetic diet?

Make an appointment with Sylvia to help you make the right food choices to meet your needs.



Thursday Feb. 16

**Eight Easy Ways to Protect Your Heart
1–2:15 pm OR 5:30–6:45 pm**

FREE • Adults

*Seating is limited to 15 participants
Registration Required by Monday, February 13
Meets in the Camp Hill Community Center*
February is heart month! We're going all out for our participants by bringing information and active participation that covers both diet and lifestyle changes. Our Nutritionist will target ways to steer you to heart-healthier choices. Momentum Female Fitness Center will guide you in some Tai Chi and breathing exercises. Wear comfortable clothes and shoes when you join us.

Thursday Feb. 23

**Eight Easy Ways to Protect Your Heart
5:30–6:45 pm**

FREE • Adults

*Seating is limited to 15 participants
Registration Required by Monday, February 20
Meets in the Camp Hill Community Center*
February is heart month! We're going all out for our participants by bringing information and active participation that covers both diet and lifestyle changes. Our Nutritionist will target ways to steer you to heart-healthier choices. Momentum Female Fitness Center will guide you in some Tai Chi and breathing exercises. Wear comfortable clothes and shoes when you join us.

**Call 717-724-1166 for an
individual consultation with Sylvia!**



healthy ideas™

with

Sylvia

Tuesday, February 7 • 2–4pm • FREE • All ages

“Valentine Fruity De-lights”

Wednesday, February 15 • 2–4pm • FREE • All ages

“Ways with Kale”

A walk-up and taste at the Camp Hill cook's corner • No registration required