

"Stay Well" (Lifestyle Nutrition)

- **Six Steps to Prevent Chronic Disease - [Register here](#)**
Whether you're concerned about heart health, blood sugar, or just interested in maximizing your health, this class will help you identify gradual and straightforward lifestyle strategies that will help you meet your personal health goals.
- **Fueling the Mind, Feeding the Brain! - [Register here](#)**
We eat healthy for our heart, lose weight, or even prevent diabetes, so what about our brains? Learn about the nutrients (and foods) we should include keeping our minds in top form as we age.
- **Aging Gracefully**
This class will help you identify gradual and straightforward lifestyle strategies that will help you meet your personal health goals and keep your brain healthy for aging gracefully. (combo of six steps and brain health)
- **Love Your Heart - [Register here](#)**
Ever wonder how the foods you eat affect your heart? Whether you have concerns about cholesterol or hypertension or want to keep your heart healthy, this webinar will provide you with the answers on salt and fat and ways you can improve your numbers and health.
- **Eating for Prediabetes or Diabetes in Spanish - [Register here](#)**
It's time to take control! Learn practical ways to keep your blood sugar in check by managing carb and protein intake. We'll also explore other lifestyle changes to prevent the progression of prediabetes and diabetes and ways to keep blood pressure and cholesterol in check.
- **Eating for Diabetes - Holiday Edition - [Register here](#)**
It's time to take control! Learn practical ways to keep your blood sugar in check by managing carb and protein intake. We'll also explore other lifestyle changes to prevent the progression of prediabetes and diabetes and ways to keep blood pressure and cholesterol in check.
- **Reduce Inflammation Naturally**
Inflammation can be a friend or foe, but it can cause long-term health problems when it sticks around too long. Learn how your diet can influence your body's inflammation and the foods and spices you should be adding to your grocery cart for optimal health.
- **Love Your Guts**
Did you know that your gut health plays a vital role in the health of the rest of your body? We'll discuss why gut health is so important and the foods you should add to your diet – those pre and probiotics – to improve your gut health.
- **Food Fighters: Your First Line of Defense - [Register here](#)**
Learn how to fill your cart and plan your menu to support a healthy immune system and reduce your heart disease risk, type 2 diabetes, and cancer. We'll cover ways to reduce salt, fat, and sugar as well as the food fighters you should include for long term wellness.
- **Pregnancy and Lactation FAQs**
If you're pregnant or a new breastfeeding mom, this is your chance to answer the top questions about pregnancy and breastfeeding. We'll cover the foods and medications every new mom should know about a healthy baby.

- **Feeding Your Toddler to Tween:** Knowing what and how much to feed your kids can sometimes be challenging. Join us to learn some tips and tricks to make mealtimes fun and just a little bit easier. We'll even cover ways to get kids more involved in the kitchen and interested in trying something new!

"Eat Well" (Foodie Topics)

- **Date Night: Restaurant Trends at Home**
You may find yourself cooking and eating at home more than you are used to, but that doesn't mean you have to sacrifice the restaurants' trendy cuisines! Join us where we'll inspire you to recreate restaurant trends in your own home--with a healthy-ish kind of twist! You won't be missing the restaurant life for long!
- **Now Trending: Take a Virtual Store Tour - [Register here](#)**
Take a walk with the nutritionist to learn about the coolest new products on the shelf and easy ways to build a healthier basket. We'll hit each section of the store - show you what to look for and do some myth-busting along the way.
- **Take a Virtual Store Tour** (Specific to your group goals and needs) - [Register here](#)
We'll hit each section of the store - show you what to look for and do some myth-busting along the way.
- **Spice It Up - [Register here](#)**
Add flavor and excitement to your meals with healthy herbs and spices. Learn the history of spices, ways you can incorporate more into your diet, and the emerging science that shows real health benefits.
- **Meal Planning for Health and Budget - [Register here](#)**
If you think eating healthy is too expensive, then this webinar is for you! Learn how to stretch your dollars to provide nutritious and delicious meals on a budget. We'll share tips for meal planning, including how to make it an enjoyable (and fun!) part of your weekly routine.
- **Try Something New**
Do you find yourself eating the same things over and over? Then it's time for you to try something new! Discover the hottest trending products and tasty ways to use them. We'll even cover new ways to use old favorites!
- **Cooking for 1 or 2**
How does a single person navigate weekly meals without eating leftover lasagna for six days straight? This webinar will provide useful tips and strategies for shopping, planning, and cooking for one.
- **Drink Your Produce: Smoothies and Juicing**
Learn how to build a better smoothie. From protein to produce and everything in between, we'll show you easy ways to get your five a day.
- **Get More Plants on Your Plate**
If eating half-plate produce is your goal, but the solution feels like a struggle, let us help! We'll show you easy ways to add more fruits and veggies to your day in the most delicious way.

"Do Well" (Sustainability in Shopping)

- **Party in the Front, Business in the Back: Nutrition Labels**
Ever feel like your food labels are sending you mixed messages? From Natural, Free Trade, and Safe Catch icons to percent daily value and high fructose corn syrup, we'll help you sort fact from fiction using the food label and Guiding Stars.
- **Where Does My Food Come From?**
If you've ever wondered, "where does my food come from" you aren't alone. Learn how your food goes from the farm to your table. We'll discuss how companies are showing food transparency, farming practices like hydroponics, and more. Local farms, farmers, products are showcased.
- **Trends in Plant-Based Eating**
No matter your nutrition goals, adding plant-based foods to your diet is a great way to improve your long-term health. But what does it mean to be plant-based? Join us to learn simple swaps and tips to help you create a more plant-based diet that will be beneficial to you and the environment!
- **Should it Stay or Go? Avoid Food Waste by Extending the Life of your foods.**
If you've ever wondered about expiration date or why your fresh produce doesn't last as long as you'd like, then it may be time to figure out why.

"Live Well" (Self Care)

- **Fueling Up and Powering Down: Fitness Nutrition** Growing stronger and faster through hard work can be gratifying — but if you aren't fueling your body well, you may not see the best results. Whether you're just starting your fitness journey, or have a specific fitness goal, learn how you eat affects your fitness regimen.
- **Practicing Mindful Eating** Are you a mindful or mindless eater? Learn tips and tricks to help you become more aware of how your environment influences your eating habits. This session is not about what to eat — it's about how to eat.
- **Mood-Boosting Foods:** Did you know certain foods can boost those feel-good hormones? Let us help you make a grocery list that will lighten your spirits AND improve your long term wellness.
- **Shopping for a Spa Day: DIY at Home**
Take a break to pamper yourself right from your pantry and fridge. Learn recipes for DIY facials, scrubs, and conditioners while exploring everyday foods' health benefits, from the inside out. Have fun with this session to help your skin and hair feel fresh, hydrated, and moisturized.
- **How to Catch Better Zzz's**
Did you know, getting adequate sleep is one of the best things you can do for yourself? Yet we often neglect or compromise on our sleep, which can lead to other problems. Learn all the benefits sleep has to offer and foods that can help support a better night's sleep and overall health!
- **Eating 9-5: Solutions for Workplace Challenges**
Workplace survival involves more than deadlines and meetings! Learning how to incorporate healthy habits can provide you with long-lasting energy. Join us to learn solutions for the most significant workplace challenges so you can improve your health, concentration, and productivity!

- **Family Meal Times**
Research shows that magic happens when families gather around the table and engage in mealtime conversation. Join us to learn more about making every meal count - from building a healthy plate to getting the whole family involved with our version of The Cooking Channel's show "Chopped."
- **Tips to Manage Stress Eating**
During stressful times, it's easy to use food to cope with anxiety. Learn how to use mindfulness to curb your emotional eating, ways to identify if you are starving, and tips for coping without calories.
- **Hand-held Health: Wellness Apps**
The power of nutrition is in your hands - what's in season or sustainable, what has gluten? Am I getting enough protein, too many carbs, the right kind of fats? As the saying goes, there's an app for that! Tune in to find an app that matches your wellness goals.
- **Holiday Eating Strategies - [Register here](#)**
There are less than 65 days between Halloween and New Year's, but they can add up to overindulging weeks. Join us to learn helpful tips and strategies to enjoy your holi**DAYS** -as a guest or host - with none of the guilt!