



# Eat, Learn, & Live Well Series

choose a session

**October**  
**2 • 9 • 23**  
**Noon – 1pm**

**Courthouse – West Wing**  
Elections Conference Room  
WEL254 • Session 004

**November**  
**6 • 13 • 27**  
**Noon – 1pm**

**Animal Shelter  
& Pet Adoption Center**  
Lunchroom  
WEL254 • Session 005

**January**  
**8 • 15 • 29**  
**Noon – 1pm**

**L. Brooks Patterson Building**  
Waterford Room Conference Center  
WEL254 • Session 006

Nutrition is about more than just the food you eat, it's about the food you *choose* to eat. Good nutrition requires a conscious effort to alter your lifestyle so that you can make the right eating choices, from what you buy at the grocery store to how you prepare foods at home and eating out. Nutrition coaching is an effective way to achieve your health and wellness goals.

The primary focus of this session is to teach you about the foods that, ideally, are part of your diet so that you can develop a healthy, immunity-boosting regimen.

Register to learn:

- How to eat healthier, have more energy, and prevent disease
- About portion size and reducing portions for weight loss
- How many calories you need to eat each day
- How to manage pre-diabetes or diabetes
- About food sensitivities or allergies to nuts, soy, gluten or dairy

Whatever your nutritional goals may be, a dietitian can help!

We are now offering a three class session on nutrition with a Registered Dietician (RD). These consecutive sessions are kept small to encourage dialogue and to meet the unique needs of participants.

#### Registration Options:

1. Register online at [oakgov.com/wellness](http://oakgov.com/wellness)
2. Send your registration via inter-departmental mail to HR/Wellness
3. Fax your registration to (248) 452-9893

To enroll online go to [oakgov.com/wellness](http://oakgov.com/wellness), click on the Lunch 'n' Learn you'd like to attend and follow the instructions to register through the HR Self-Service Training Enrollment section. This class is **Course Number WEL254**.

**Questions, contact Dawn Hunt at [huntd@oakgov.com](mailto:huntd@oakgov.com) • (248) 858-5473**