

# Saint Mary's Healthy Nutrition for Life

The Key to Good Health.

Eating well and staying healthy is an ongoing challenge for many people in the rush of daily life. Good nutrition plays a vital role in achieving and maintaining good health while enhancing the quality of your life. Research has shown that eating well not only helps you feel your best, but can decrease your risk for heart disease, high blood pressure, stroke, diabetes and cancer.

Taught by a registered dietitian, Healthy Nutrition for Life is a six-part program designed for those who desire to improve their eating habits and maintain a healthy weight.

**CALL 775.770.7100 TO REGISTER**



## The 2009 Healthy Nutrition for Life Class Schedule

### February/March

Tuesdays  
February 24 - March 31

### June/July

Thursdays  
June 18 - July 30  
(No class July 4)

### October/November

Wednesdays  
October 14 - November 18

### Time

6:00 p.m. to 7:30 p.m.

### Location

CDS Group Health  
1625 East Prater Way  
Building C, Suite 101  
Sparks, NV

Health Nutrition for Life topics include portion control, label reading, cooking, dining out, shopping and fitness. Join us for this adventure in nutrition!

Cost is \$25 for HealthFirst members, Health Choice members, Saint Mary's employees and volunteers; \$90 for the community.

If you would like to get started on your lifestyle change before the next class series, or if you are interested in setting up a worksite class series, call 775.770.6210.



**Saint Mary's Health Plans**

A member of CHW