

GIANT[®]

NUTRITIONIST

November classes and tours

REVERSING PREDIABETES

Thursday, November 1 • 1–2 pm or 5:30–7pm • **free** • adults

Meets at Nutritionist Office • Registration Required

Developing diabetes is not inevitable for people who have prediabetes. Using the terminology “prediabetes” should be a wake-up call. Join Certified Diabetes Educator Mary Ann to discuss the best techniques to lower your blood sugar and then keep it under control. Sample some delicious foods to keep your blood sugar in check.

MANAGING DIABETES DURING THE HOLIDAYS

Thursday, November 8 • 1–2pm or 5:30–6:30pm • **free** • adults

Meets at Nutritionist Office • Registration Required

What kind of diet should diabetics follow? Low calorie, low carbohydrate, low fat, vegetarian, Dash diet, or a well-balanced meal? Come hear our Nutritionist discuss the pros and cons of these diets and learn what might be best for you. Learn some great healthy holiday eating tips that will control your diabetes at the same time. Sample some delicious nutritious holiday treats.

SURVIVING THE HOLIDAYS: PLANNING A HEALTHY HOLIDAY SHOPPING LIST

Thursday, November 15 • 1–2pm or 5:30–6:30pm • **free** • adults

Meets at Nutritionist Office • Registration Required

Let's plan a special holiday meal and come up with a healthy holiday shopping guide. Discuss ten tips for healthy holiday eating and sample some of these tasty holiday foods.



NEED HELP LOSING WEIGHT OR MANAGING A HEALTH CONDITION OR FOOD ALLERGY?

Schedule an individual consultation with our Nutritionist

Contact Mary Ann for details.

Mary Ann Moylan, RD, LDN, CDE

maryann.moylan@giantmartins.com

7150 Hamilton Blvd., Trexlertown, PA • (610) 391-0152

GIANT[®]

NUTRITIONIST

December classes and tours

HEALTHY HOLIDAY APPETIZERS

Wednesday, December 5 • 1–2pm or 5:30–6:30pm • **free** • adults

Meets at Nutritionist Office • Registration Required

Are all appetizers too high in calories? Should you skip lunch to have an appetizer before dinner? Mary Ann will discuss how to fit those delicious appetizers into your day. Leave room for samples.

MINDFUL EATING OVER THE HOLIDAYS

Thursday, December 13 • 1–2pm or 5:30–6:30pm • **free** • adults

Registration Required • Meets at Nutritionist Office

Come discuss with Mary Ann ways to maintain your weight during the holidays, or even lose a few pounds. Yes, you can learn how to eat your favorite holiday foods, and maintain your weight, or weigh less in 2019. Sample some delicious nutritious holiday treats.



**NEED A NUTRITION WORKSHOP FOR YOUR
BUSINESS OR COMMUNITY GROUP?**

Contact Mary Ann for details.

Mary Ann Moylan, RD, LDN, CDE

maryann.moylan@giantmartins.com

7150 Hamilton Blvd., Trexlertown, PA • (610) 391-0152