

Nutrition 101



Nutrition 101 is a four-part series created to help individuals build a solid foundation in nutrition.

**Hosted at Heritage Fitness by
Joanne Levesque,
Registered Holistic Nutritionist.**

Part 1: Get to Know Your Macros

You will learn

What are the main macronutrients and why they are important for a healthy body
Why traditional calorie counting does not work
How to build your meals using your individual macronutrient requirements

Dates

(choose one)

Tuesday, January 9 at 6:00pm
Wednesday, January 10 at 9:30am
Thursday, January 11 at 9:30am
Thursday, January 11 at 6:00pm

(please note that Part 1 is a prerequisite to the other sessions in this series)

Part 2 How to Read Labels

You will learn

- How to decipher and understand the nutrition labels and ingredients list on packaged foods
- Which words describe sugar, MSG and harmful additives
- How to use nutrition labels to help you make good decisions

Dates

Thursday, January 18 at 9:30am or 6:00pm

Part 3 Understand the Mighty Microbiome

You will learn

- How your microbiome affects your weight, digestion and nutrient absorption
- What you can do to increase your friendly bacteria and decrease your unfriendly bacteria
- Which foods to use every day to support your microbiome

Dates

Thursday, January 25 at 9:30am or 6:00pm

Part 4 How Gluten Affects Everyone

You will learn

- How gluten affects your digestion
- The many symptoms of gluten sensitivity
- How to gently transition away from gluten

Dates

Thursday, February 1 at 9:30am or 6:00pm

The cost of each one-hour session is \$2
(funds are donated to the Lanark County Food Bank).

Attend only the sessions you want but please note that *Part 1 is a prerequisite to the other three sessions.*

Sign up at Heritage Fitness – 2 Costello Road, Carleton Place
or online using MindBody.
Limited spots available!



**Collaborative
Care Centre**