Join us September through December as a CCH dietitian will be available in the multipurpose room at the Wellness Center from 11:30 a.m. - 12:30 p.m. to discuss a Nutrition topic for 30 minutes and then be available afterwards to answer any individual questions.

There is no cost for the class or time with the dietitian.

Tentative topics are:

**SEPTEMBER 7, 2018**  
Healthy Nutrition for Healthy Teeth

**SEPTEMBER 14, 2018**  
Hydrate Right

**SEPTEMBER 21, 2018**  
What is Magnesium?

**SEPTEMBER 28, 2018**  
Money Saving Grocery Shopping Tips

**OCTOBER 5, 2018**  
Is Your Body Trying to Tell You Something? Common Nutrient Inadequacies and Deficiencies

**OCTOBER 12, 2018**  
Cooking Tips for One or Two

**OCTOBER 19, 2018**  
Special Nutrient Needs of Older Adults

**OCTOBER 26, 2018**  
Where to Store Foods in the Kitchen

**NOVEMBER 2, 2018**  
What are Food Additives?

**NOVEMBER 9, 2018**  
Choose Healthy Fats

**NOVEMBER 16, 2018**  
Dash Diet: Reducing Hypertension Through Diet and Lifestyle

**NOVEMBER 23, 2018**  
No Topic

**DECEMBER 7, 2018**  
Supplements and Safety

**DECEMBER 14, 2018**  
Holiday Home Food Safety Tips

**DECEMBER 21 & 28, 2018**  
No Topic