



# NUTRITION WORKSHOP

EHS Registered Dietitian, Nicole E. Smith, RD, CDN, can provide FREE workshops to your company, organization, or school. Workshops are designed to inform the public about the importance of diet and how it affects their lives. Participants will develop skills to improve their diet without abandoning their favorite foods. They will be able to understand the relationship between good eating habits and preventing or managing specific chronic conditions and diseases.

The workshop will provide participants with a sense of ease when it comes to healthy meal planning for themselves and their loved ones. Workshop content may be customized to the specific needs of the audience.

## Workshop topics may include:

- Healthy meal planning
- Weight management
- Management and prevention of specific disease (e.g. Diabetes, High Blood Pressure, Hyperlipidemia)
- Understanding nutrition labels and ingredient lists
- Lifestyle medicine
- Food safety
- Supermarket tours



**To schedule a workshop, call Nicole E. Smith, RD, CDN at 718-869-7454 or scan the QR code.**