

# Nutrition Workshop Series

**MAXIMIZE YOUR QUALITY OF LIFE AT WPI**

ATTEND 6 OUT OF THE 7 WORKSHOPS AND EARN A WPI NUTRITION CERTIFICATE OF COMPLETION AND A PRIZE!

**SIGN UP BY FILLING OUT THIS FORM: [TINYURL.COM/WPINUTRITIONREGISTRATION](https://tinyurl.com/wpnutritionregistration)**



**Empowering Yourself with Food and Meeting the Challenges of an All You Can Eat Dining Hall**  
**SEPTEMBER 18TH, 5-6PM, HIGGINS HOUSE GREAT HALL**  
LEARN HOW TO NOURISH YOURSELF



**Fitness for Beginners**  
**OCTOBER 2ND, 5-6PM, ODEUM A - CAMPUS CENTER**  
LEARN STRATEGIES FOR INCREASING YOUR ACTIVITY LEVEL AND FUELING YOUR BODY IN A WAY THAT SUITS YOUR LIFESTYLE!



**Is Your Vegetarian Diet Doing All It Can For You?**  
**NOVEMBER 1, 5-6PM, HIGGINS LABS 202**  
LEARN HOW TO EAT A VEGETARIAN DIET WHILE KEEPING ESSENTIAL NUTRIENTS IN MIND



**The Harsh Facts of Fad Dieting and Beautiful Benefits of Intuitive Eating**  
**NOVEMBER 29TH, 5-6PM, HAGGLUND-CAMPUS CENTER**  
LEARN THE PITFALLS OF FAD DIETING AND THE REWARDS OF MINDFUL EATING



**Sustainable and Healthy Eating**  
**JANUARY 17, 2018, 5-6PM, SPORTS AND REC CTR, MEETING ROOM 1**  
LEARN SOME WAYS TO TAKE CARE OF YOURSELF AND THE ENVIRONMENT!



**Can You Eat Healthy On a Tight Budget?**  
**MID FEBRUARY, TIME AND LOCATION TBD**  
LEARN SOME REALISTIC TIPS AND "HOW TO" FROM A CHARTWELLS' CULINARIAN, DENISE CHASE



**Don't Look Now, But You Are What You Drink!**  
**MARCH 19TH, 5-6PM, SPORTS AND REC, MEETING ROOM 1**  
LEARN HOW WHAT YOU DRINK AFFECTS YOUR SHORT AND LONG TERM FEELING OF WELL BEING

**HEALTHY AND TASTY SNACKS PROVIDED AT EACH WORKSHOP!!**