

NUTRITION FOR YOU 2



Continued from NUTRITION FOR YOU: PART 1, this is the second of the popular "NUTRITION FOR YOU" weekly lecture series. Amy Pieczarka, RD, LDN, CCN, CDE, licensed and registered dietitian and nutritionist, will lead this four-week nutrition series which will teach science-based facts about food and dietary supplementation to manage existing conditions caused by poor diet.

Session 1

Nutrition for Women

This discussion will address the nutritional issues and special dietary needs of females during all phases of the life cycle. Learn strategies to eat healthy while on the run balancing multiple commitments.

Session 2

Fibromyalgia and Fatigue

Join us for a discussion on the dietary modifications and nutritional supplements shown to be effective in the management of symptoms experienced by people with chronic fatigue syndrome and fibromyalgia.

Session 3

Bone Up on Good Nutrition

This session will discuss the "recipe" to maintain bone health and steps to take to decrease the risk of osteoporosis. Nutrient bone "builders" and foods that are bone "weakeners" will be identified.

Session 4

Choosing Dietary Supplements

Dietitian and nutritionist Amy Pieczarka and pharmacist Jim Melekos, RPh, of Lifestream Pharmacy will lead this discussion about what to look for in nutritional supplementation to ensure receiving the best quality in the correct amount. They will also discuss the latest, most popular dietary supplements recommended and whether or not they have been shown to be effective. Participants may bring their own supplements for a quick evaluation.

Attend all sessions or choose to register for any number of sessions.

Fee: \$65. (entire series) \$20. (individual session)

Classes will be held at the **Health & Wellness Center**, Warrington.

Pre-registration is required. Call Amy Pieczarka, 215-918-5701 to register.