



## Take a Break to Educate (TABTE) Class & Webinar Topics

### Nutrition

#### **Brain Boost: Energize and Protect Your Brain with Food!**

- Ever wonder what you can do to prevent memory decline as you age? In this class, learn how to energize and protect your brain with your food choices and to optimize your lifestyle to retain your memory for the future.

#### ***NEW!* Diet Days Are Over**

- This class will explore the crazy world of fad diets and confusion over eating plans. We will identify the benefits and cons of each, debunk myths around health claims and leave with research-based recommendations on health.

#### **Food for Thought—How to Eat with Purpose**

- Most of us eat not only because we are hungry, but also to fulfill our emotional states. In this class, learn how to recognize fullness and hunger cues, how to separate food from feelings and how preconceptions and environment can influence eating habits. We will introduce the philosophy and tangible tools of mindful eating.

#### **Food Maze Craze!**

- Let's navigate through health food claims together! In this class, we will look at Nutrition Facts labels and learn how to determine if a food is healthy. We also will take a virtual walk through the grocery store, learning to bypass marketing claims and using tricks that make shopping easier and cheaper.

#### **How Sweet It Is?—Find Out the Truth about Sugar**

- While sugar can be a confusing topic, our registered dietitian will walk you through the evolution of sugar cravings and how to identify types of sugar. You'll leave with suggestions on how to reduce your overall sugar intake.

#### **Nutrition in the Fast Lane**

- The average American eats out for four meals each week. Learn how to cut calories and make healthier choices while still enjoying your favorite fast-food or sit-down restaurants.

#### **Plant-Forward Nutrition**

- Learn about a plant-based diet (hint: it's more than avoiding red meat)! In this class, explore different types of vegetarianism, as well as their health benefits and potential concerns. Learn to use plant proteins to create healthful, delicious and satisfying meals.

#### **Save Calories and Cash**

- Our registered dietitian will discuss how to plan meals and give you tips for grocery shopping and meal preparation that can save you time and money. You will leave with tools, recipes and a strategy to get started without stress. We also offer a class specifically for lunch called ***What's in My Lunchbox?***

#### **Cooking Classes (any theme)**

- Have a kitchen space you want to utilize? Our dietitian can showcase simple meals at your site with a theme of your choice. *Food cost is not included in class price.*

## Wellness

### **Get Fit on the Clock**

- Don't have enough time to fit in a workout before or after work? Gain practical tips on fitting exercise and more physical activity into your busy schedule, both inside and outside of work!

### **Implementing Change**

- Learn about theories on how humans approach behavior change, and discover what tools are successful in creating healthy lifelong habits. You will get to practice and then create goals for behavior change.

### **Stressed Out—Managing Your Stress Effectively**

- A small amount of stress can be a good thing, but all too often we tend to overstress. Participants will learn about the damaging effects of stress and how to reduce and manage the stressors in their lives.

### **Sleep Matters**

- In a recent national study, over one-quarter of surveyed adults said that they had missed work, events or activities or had made errors at work because of sleep-related issues. Learn what sleep really is, what happens when we don't get enough and strategies to improve the amount and quality of your sleep.

## Preventing Chronic Disease

### **Be Smart for Your Heart**

- Understand the types of heart disease and what numbers to watch, including cholesterol, blood pressure and blood sugar. Discover heart-healthy lifestyle approaches, including diet, identifying healthy foods from labels, physical activity and stress management. *A perfect complement to a Healthy Heart Awareness campaign in February.*

### **Diabetes Basics and Beyond**

- It's estimated that 50% of Washingtonians over age 65 have prediabetes or diabetes. A registered dietitian will discuss risk factors for diabetes and how to live well with diabetes.

### **Winter Wellness**

- Be a flu fighter! Learn how to reduce winter illnesses to maintain productivity. You'll learn tips to prevent seasonal colds and other health issues associated with our long, dark days.

### ***NEW!* Fight with Food! How Nutrition Can Help to Prevent Cancer**

- Nearly 50% of most common cancers can be prevented! In this class, you will learn what cancer is and the common types, review risk factors you can avoid and gain positive lifestyle interventions that have been shown to lower your risk.