

HEALTHY EATING – HEALTHY LIVING!

Fad Diets – Do They Really Work? – Wed. Oct. 14th from 12:15 – 12:45 in the Wellness Center. So what is the best weight loss diet to go on? Does consuming carbohydrates really cause people to gain weight? If I am trying to lose weight or keep the weight off, how do I do so? Want these questions honestly answered? Bring what you consider to be a healthy lunch to this session and these and other common weight loss and maintenance questions will be answered. Sponsored by the Catonsville Wellness Center.

Reading and Understanding Food Labels – Wed. Oct. 28th from 12:15 – 12:45 in the Wellness Center. Please bring your lunch and a calculator. Looking at food labels and figuring out what exactly is in that food or beverage can be a challenge. Participants will learn how to interpret and understand those confusing food labels and determine how much sugar and fat is in your favorite foods. Portion control and sizes will also be discussed utilizing hands-on visual aids. Sponsored by the Catonsville Wellness Center.

Understanding the Roles of the Nutrients – Wed. Nov. 11th from 12:15 – 12:45 in the Wellness Center. Please bring your lunch and a “thirst” for true knowledge. It is time to set the record straight and truly have a better understanding of the function of water, vitamins, minerals, fats, protein and carbohydrates. This session will clear up a lot of confusion and myths regarding the roles and functions of the nutrients. Participants will leave with a better understanding of the importance of a balanced diet. Sponsored by the Catonsville Wellness Center.

Holidays and Weight Gain – Wed. Dec. 2nd from 12:15 – 12:45pm in the Wellness Center. Let’s come up with a game plan so you won’t gain those holiday pounds. Determine how to reduce the amount of sugar and fat that is in many of the holiday foods we eat without losing the taste. Bring your lunch and a true desire to start the New Year off without those extra pounds! Sponsored by the Catonsville Wellness Center.

Participants who attend all 4 sessions will receive a free token of appreciation. Faculty, staff, students and alumni are encouraged to take advantage of these free Catonsville Wellness Center programs. For more information please call the Wellness Center hotline at 443-840-4466 or visit the athletics website and look under Wellness Programs.