



NOURISH TO FLOURISH

Nutrition Seminar Series

The YMCA is teaming up with Morris Hospital & Healthcare Centers to offer a new nutrition seminar series throughout 2025. Designed to empower you with the knowledge and tools to make lasting, healthy changes in your eating habits, the Nourish to Flourish Nutrition Seminar Series is free and open to the community. These informative sessions will be led by registered dietitians from Morris Hospital and will inspire and educate you with actionable steps and real-world advice.

JOIN US All programs will be held in the Community Room at the Morris Hospital YMCA. Open to all, ages 18 and up.

WHAT IS THE MEDITERRANEAN DIET?

Tuesday, January 21

5:30–6:30 p.m.

The Mediterranean Diet is used in at least 16 countries that border the Mediterranean Sea and may help make your heart healthier and protect you against cancers. Join us for this informative session to learn how to create tasty meals that incorporate fruits, vegetables, whole grains, beans, fish, and healthy fats.

MANAGING HEART FAILURE OR REDUCING YOUR RISK FOR HEART DISEASE THROUGH YOUR DIET

Tuesday, February 18

5:30–6:30 p.m.

A “heart-healthy” diet is used to help reduce blood cholesterol and high blood pressure and lower the risk of heart disease. In this informative session, you will learn how to reduce saturated fats, cholesterol, and sodium, while increasing fiber in your diet.

LEARN HOW TO BUILD MUSCLE OR GAIN WEIGHT WITH PROTEIN INTAKE

Wednesday, March 26

5:30–6:30 p.m.

A Morris Hospital registered dietitian will discuss the importance of protein intake and provide examples of which foods are rich in protein. The class will also focus on gaining muscle and weight in general.

MEAL PREPPING FOR PEOPLE WITH PARKINSON’S OR FOR PEOPLE COOKING FOR THEMSELVES

Wednesday, April 23

2:30–3:30 p.m.

Having Parkinson’s disease may lead to some nutritional deficiencies. This seminar will help you learn how to incorporate the right foods into your meals to make sure you’re getting the best nutrition. This seminar will also be beneficial for individuals who cook meals for themselves, as single-serving meals will be explored.

LEARN HOW TO BUILD BALANCED MEALS TO HELP LOSE WEIGHT

Tuesday, May 20

5:30–6:30 p.m.

If you’re wanting to lose weight, this session is for you! You will learn how to create a balanced plate by incorporating all the food groups. Weight loss and weight management tips through balanced eating will also be covered.

HOW TO READ NUTRITION LABELS AND LEARN WHAT THEY MEAN

Thursday, June 19

11:30 a.m.–12:30 p.m.

Nutrition labels can be confusing to read, especially since they have undergone some recent changes. In this seminar, you will learn how to properly read nutrition labels so you are able to find the amount of nutrients (carbohydrates, calories, vitamins/minerals, sugar) you are eating. This class will also provide tips for grocery shopping for one-person households.



REGISTER TODAY

To register, please scan the QR code using your mobile phone.



MORRIS HOSPITAL YMCA

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