

Need help  
making healthy  
food choices?

# Creating HEALTHY HABITS

• A Series of Community Nutrition Classes •



## **JANUARY 22, 2024** **DIABETES AWARENESS AND PREVENTION**

Brenda Pfizenmaier, MS, RDN, LD, CDCES,  
Franklin County Health Department

Take charge of your health today to avoid future diabetes complications. Learn the importance of nutrition, physical activity, and weight management for a healthy lifestyle. Participants will receive a cutting board and knife set. **RSVP by 1/15/24**



## **FEBRUARY 26, 2024** **HEART HEALTHY NUTRITION**

Susan Moore, BSN, MPH, MSN-APRN,  
Franklin County Health Department

It's important to integrate heart healthy eating into your life now to set a foundation for a healthy future. Learn how to reduce the risk of cardiac disease through proper nutrition. Participants will receive Mrs. Dash seasoning. **RSVP by 2/19/24**



## **MARCH 25, 2024** **HEALTHY EATING WITH FRUITS AND VEGGIES**

Chelsea Richmond, Extension Agent,  
Nutrition, Food Safety, and Health  
Frontier District, K-State Research and Extension

Learn the importance of eating a rainbow of colors and participate in a hands-on cooking demonstration using fruits and veggies found in the Harvest to Homes box. Participants will receive measuring utensils and a 4-cup glass measuring cup. **RSVP by 3/8/24**



## **APRIL 22, 2024** **HEALTHY EATING**

Lisa Markley, MS, RDN, LD  
AdventHealth Whole Health Institute

Nutrition is the foundation of whole health and vitality. When we eat healthy, we feel better. Learn how to make fresh, healthy food choices to best nourish your body. Participants will receive recipes, a rubber spatula and mixing bowl. **RSVP by 4/14/24**

*Creating Healthy Habits is a community nutrition education program that provides families with nutrition information on healthy eating and lifestyles. Each class focuses on a different topic. All ages are welcome.*

### **Time:**

Noon to 1 p.m.

### **Location:**

Franklin County  
Commission Chambers  
1418 S. Main Street, Ottawa, KS

### **Participants receive the following at each class:**

- Harvest to Homes Produce Box
- Insulated Shopping Bag
- Healthy Nutrition Booklet
- Healthy Snack with Recipe

### **RSVP:**

Classes are limited in size. RSVPs are due one week prior to each class. Visit [www.franklin-coks.org/healthyhabits](http://www.franklin-coks.org/healthyhabits) or scan the QR code below to sign up.



### **Questions?**

Call the Franklin County Health Department at 785-229-3530 or visit [www.franklin-coks.org/health](http://www.franklin-coks.org/health).