

## Thursdays at **HyVee** in 2015

EMPLOYEE OWNED



Get expert advice on how to eat well to feel well.

Thursdays:

**January 8, 2015**

Fatigue and Stress

**February 5, 2015**

Metabolic Syndrome

**March 5, 2015**

Digestive Distress

Cost: **\$5**



Get the experts view on the latest nutrition trends.

Thursdays:

**January 15, 2015**

Weight Loss

**February 12, 2015**

GMOs

**March 12, 2015**

Artificial Ingredients

Cost: **\$5**

## *Ladies' Night*

Get expert advice on women's health topics.

Thursdays:

**January 29, 2015**

Pre-Conception and Pregnancy Nutrition

**February, 26, 2015**

Women's Heart Health

**March, 26, 2015**

Polycystic Ovary Syndrome (PCOS)

Cost: **\$5**



An ounce of prevention is worth a pound of cure.

Thursdays:

**January 22, 2015**

Eating for Wellness

**February, 19, 2015**

Budget Meal Planning Made Easy

**March 19, 2015**

Eating to Prevent Heart Disease and Diabetes

Cost: **\$5**

**All sessions begin at 5 p.m.**

**All sessions will be led by our registered dietitian nutritionist!**

*Please pre-register at least 24 hours in advance by contacting the dietitian or sign up online at [www.hy-vee.com](http://www.hy-vee.com).*

**Kodi Watson, MS, RDN, LD**

Registered Dietitian Nutritionist at Barry Road Hy-Vee

8301 N St. Clair Ave Kansas City, MO 64151

816-505-1000 OR [kwatson@hy-vee.com](mailto:kwatson@hy-vee.com)