

Healthful Tips to Greet the Season

with Sara Feld, RD, Outpatient
& Community Education
Dietitian with University
Medical Center of
Princeton's Nutrition
Program



Thinking of Going Gluten-Free?



THU. November 2 (1 – 2 p.m.)
Plainsboro Library
9 Van Doren Street, Plainsboro

Register through the library or Princeton HealthCare System's Community Education & Outreach Program.

Learn what foods contain gluten, the symptoms of gluten sensitivity and whether a gluten-free diet could make a difference in your health. Featuring tips and recipes to get you through the holidays.



Nutrition Meets Tradition

THU. November 9 (10:45 – 11:45 a.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Learn about superfoods and how you can incorporate them into your favorite holiday dishes.

Fresh Ideas for Your Holiday Table



THU. November 9 (1 – 2 p.m.)
Princeton Fitness & Wellness
Center, 1225 State Road
Studio 3, Princeton

Spice up your holiday menu by infusing your traditional foods with healthy alternatives.

Kids Can Cook: The Thanksgiving Edition

TUE. November 14 (5 – 6 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Studio 4, Princeton

With this hands-on class, your kids will learn their way around the kitchen by helping to prepare fun yet healthy dishes for Thanksgiving. Your chefs-in-training will get to sample their creations. Parents must accompany children.

'Tis the Season to Eat Mindfully



THU. November 16 (6:30 – 7:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty
Branch 1315 Whitehorse Mercerville Road,
Hamilton

During a season known for over-indulgence, mindful eating is essential to maintaining good health. Join our nutritionist as she shares practical tips for enjoying your favorite holiday treats without overdoing it.

Holiday Survival Guide: Paleo Desserts

THU. December 7 (1 – 2 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Studio 4, Princeton

Go beyond tradition this holiday season with grain-free recipes and paleo diet-approved baking tips.



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