



# NUTRITION FOR HEALTH AND WEIGHT MANAGEMENT

*A class to support  
a healthy you*



Are you looking for support to manage your weight? Ridgeview offers a two-part interactive series that will help you understand what drives your eating habits, provide practical steps to change those habits and introduce choices to support better health. You will learn the basics of healthy eating — including portion control, menu planning, mindfulness, the influences around us and tools to create a healthier food environment. With one week in between classes, you will have the opportunity to apply what you learn and implement small changes for healthier living. This class is open to anyone — no referral is needed.

## CLASS OBJECTIVES

- + Learn about the importance of your motivators and the components of lifestyle change
- + Identify the main dietary food patterns that support a healthy weight
- + Recognize the role environment, emotions, habits and more have on our food choices

You are encouraged to attend both 60-minute classes.

## COST

\$40

## DATES

### In-person class dates (*Chaska*)

*Option 1:*

Wednesdays, Jan. 7 and 14 from 10:30 to 11:30 a.m.

*Option 2:*

Wednesdays, Feb. 4 and 11 from 3:30 to 4:30 p.m.

*Option 3:*

Mondays, April 1 and 8 from 10:30 to 11:30 a.m.

*Option 4:*

Mondays, May 4 and 11 from 3:30 to 4:30 p.m.

### Virtual class dates (*via Teams*)

*Option 1:*

Wednesdays, March 4 and 11 from 6 to 7 p.m.

*Option 2:*

Wednesdays, June 3 and 10 from 6 to 7 p.m.

## LOCATION (*For in-person classes*)

**Two Twelve Medical Center**

111 Hundertmark Road, Suite 300

Chaska, MN

## RIDGEVIEW FACILITATORS

Classes are led by a Ridgeview registered dietitian.

## QUESTIONS

Contact Julie Anderson, MPH, RDN, LD, CNSC

[julie.anderson@ridgeviewmedical.org](mailto:julie.anderson@ridgeviewmedical.org)

## REGISTRATION

To register, scan the QR code or visit [ridgeviewmedical.org/classes-events](https://ridgeviewmedical.org/classes-events).

Registration is also available by calling 952.856.4099.



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