Lean ‘N Easy
Fee: $35.00 per person

Learn how to lower your cholesterol and enjoy the food you eat! During the first hour of the class you’ll learn about your lipid profile numbers, and how to select the best foods to reduce them. Discussion of grocery shopping, eating out, and other lifestyle changes will help you put these changes into practice.

During the second hour of the class, you’ll view an entertaining video showing one man’s experience with trying to lower his cholesterol. It demonstrates low fat cooking methods. Then, you’ll be able to taste some recipes to see that heart healthy eating can be delicious!

Food & Fitness Weight Loss Seminar
Fee: $35.00 per person

Are you tired of following diets to lose weight, only to regain what you lost plus more? During the fast-paced, 2-hour seminar, you’ll learn how to lose weight and keep it off for good! You’ll learn:

☺ How much protein, carbohydrate, and fat you need to eat to lose weight
☺ How to lose weight without feeling deprived
☺ How to read a food label
☺ How to plan meals and snacks
☺ How to order healthier foods when eating out
☺ How to cook healthier
☺ How to choose the best exercise for you

Many handouts are provided and one week of menus provided to get you started!

INDIVIDUAL NUTRITION COUNSELING

is also available for those who desire to have a one-to-one session with our Registered Dietitian. While some insurance plans cover this service, please consult your plan to determine coverage. Otherwise, payment is expected at time of service. For current fees, call Mary-Jo Sawyer, RD 327-8830 or email msawyer@mcvh-vcu.edu. Call our main number at 560-8950 to schedule an appointment for this service.

How do I get to VCU Women’s HealthCare?

The VCU Women’s Health Center is located at the VCU Medical Center at Stony Point, 9000 Stony Point Parkway, conveniently near the Stony Point Fashion Park. The Women’s Health Center is located on the first floor on the left-hand side of the facility.

From Southside:
From VA-150 Chippenham Parkway, take the exit for Stony Point Fashion Park/Stone Point Parkway and bear left. Turn left at the traffic light onto Stone Point Parkway. Continue straight to the white building for the VCU Medical Center at Stony Point.

From West End:
Take Parham Road until it becomes VA-150 South/Chippewa Parkway. Continue on Chippewa Parkway, crossing the Valley Memorial Bridge and take the exit for Stony Point Parkway (the second exit). Turn left at the traffic light onto Stony Point Parkway. Continue straight to the white building for the VCU Medical Center at Stony Point.

From Downtown:
Take VA-76 South/Powhatan Parkway, crossing the James River. Follow the “Full Service” toll signs for the VA-150 North/Chippewa Parkway exit (pay toll $0) and take the first right exit for Chippewa Parkway North. Then follow the Southside directions above.

Nutrition Classes 2010

Sponsored by:
VCU National Center of Excellence
In Women’s Health Care
9000 Stony Point Parkway
Richmond, VA 23235

Classes are open to men, too!

January 2010

1/6: Diabetic Dining Made Easy- Wednesday morning, 9:30 – 11:30 a.m.

1/18: Lean ‘N Easy Cholesterol Lowering Diet Class- Monday evening, 7-9 PM

1/25: Choose to Lose Healthy Eating & 8-week Weight Loss Program: 7:00 – 9:00 p.m. Mon. evenings for 8 weeks: 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8 and 3/15. (Choose to Lose is offered in January and September of each year).
Fee: $175.00 per person (regular program) or $200.00 per person (PLUS program that includes a one-hour nutrition consult)

**February 2010**

2/3: **Diabetic Dining Made Easy** - Wednesday morning, 9:30 a.m. – 11:30 a.m.

**March 2010**

3/3: **Diabetic Dining Made Easy** - Wednesday morning, 9:30 a.m. – 11:30 a.m.

3/29: **Lean ‘N Easy** - Monday evening, 7-9 PM

**April 2010**

4/14: **Diabetic Dining Made Easy** - Wednesday morning, 9:30 a.m. – 11:30 a.m.

4/19: **Food & Fitness Weight Loss Seminar** - Monday evening, 7-9 PM

4/26: **Lean ‘N Easy** - Monday evening, 7-9 PM

**May 2010**

5/3: **Diabetic Dining Made Easy** - **MONDAY EVENING**, 9:30 a.m. – 11:30 a.m.

5/5: **Diabetic Dining Made Easy** - Wednesday morning, 9:30 a.m. – 11:30 a.m.

5/10: **Food & Fitness Weight Loss Seminar** - Monday evening, 7 – 9 PM

5/17: **Lean ‘N Easy Cholesterol Lowering Diet Class** - Monday evening, 7-9 PM

**June 2010**

6/7: **Food & Fitness Weight Loss Seminar** - Monday evening, 7 – 9 PM

6/14: **Lean ‘N Easy Cholesterol Lowering Diet Class** - Monday evening, 7-9 PM

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**Class Descriptions:**

**Choose to Lose**

Fee: $175.00 per person (regular program) or $200.00 per person (PLUS program that includes a one-hour nutrition consult)

Forget FAD Diets! Choose to Lose® is the healthy eating program that allows you to make your own food choices to LOSE WEIGHT! During the 8-week program you will learn:

- How to choose a diet balanced in protein, fat and healthy carbohydrates
- How to eat out and make healthier food choices
- How to read food labels and food shop
- How to cook healthier
- Why aerobic exercise is essential

Included in the program:
- FREE percent body fat measurement
- 3 program books (includes cookbook)
- Weekly food record review from our Registered Dietitian

**Diabetic Dining Made Easy**

Fee: $35.00 per person

Did you know that the foods you eat could help control your blood sugar? Did you also know that some food choices could send your blood sugar out of control? The best type of diet to follow to control your blood sugar is one that you can follow for life. In this class we will not count exchanges or count calories. Instead, we will focus on balancing your protein, fat and carbohydrate at meals. We will also discuss carbohydrate counting (grams and carb choices). This class will show you how eating the right type of food will help keep you healthy and satisfied. One week of menus and recipes are provided.

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To REGISTER for all classes, contact Mary-Jo Sawyer, RD at 327-8830 or msawyer@mcvh-vcu.edu. She will register you, answer questions, or mail you a class brochure.