Community Connections presents a series of workshops offering new ways to improve health and increase energy.

Schedule of Nutrition workshops at the Fort Totten CSU
Monday Evenings from 5:00pm-6:00pm

Monday, May 21st

Strategies for Healthy Eating

-With Jodi Kolb, Certified Dietitian and Nutritionist

Being aware of what and how you eat will help you to maintain a healthy diet. In this workshop, learn how to make sense of food labels, determine healthy portion sizes, and to make food choices that will support your health.

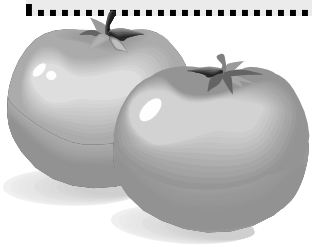
Monday, June 11th

Prevent Illness Through Food

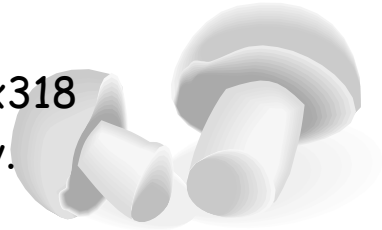
With Jodi Kolb, Certified Dietitian and Nutritionist

Learn dietary and lifestyle changes that can help prevent or improve common health issues such as high blood pressure, diabetes, high cholesterol, & heart disease.

All services are at no cost to members!



RSVP to Lynn Walker at 212-570-1693, x318
or via e-mail at walkerly@fdny.nyc.gov.



This program is supported by a September 11 recovery grant from the American Red Cross Liberty Disaster Relief Fund.

FIRE DEPARTMENT CITY OF NEW YORK

CSU COUNSELING SERVICE UNIT OF THE FDNY

Community Connections
A program for active FDNY members, EMS personnel, their families, and staff.