

Zumbro Valley Mental Health Center

Good Nutrition— Does Your Plate Look Like MyPlate?

OVERVIEW

Do you ever think about why you eat? Maybe it's because you're hungry, tired or your stomach is rumbling. Sometimes you might eat because you are bored, sad or happy, or because that piece of cake just looks too good to pass up.

There are physical and emotional reasons why you eat, but have you put much thought into why your body needs food? Not just any food, but healthy, nutritious food. Why is good nutrition important?

To help people better understand and manage their overall health, Zumbro Valley Mental Health Center is sponsoring a series of classes focusing on wellness-related activities. The first class—*Does Your Plate Look Like MyPlate*—focuses on the basics of good nutrition. In this class, registered dietitian Angie Murad will help you better understand how a healthy diet can improve your overall—mental and physical—health. Topics include:

- How to feed your body right
- Portion control
- Eating on a budget

Ms. Murad received her undergraduate degree in dietetics from the University of Wisconsin-Madison. She is a member of the American Dietetic Association and the Southeastern District Dietetic Association. She has experience working as a clinical dietitian in both hospital and long-term care settings.

Format

Monday, January 16

12:00 p.m. — 1:00 p.m.

Maple Room, Zumbro Valley Mental Health Center main campus

Charge based upon ability to pay

Contact Information

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