

Ditch the Diet – Just Eat Smart!



Reset your relationship with food, focusing on nutrition and well-being, in our new 3-session workshop led by a Registered Dietitian

Healthy eating can feel overwhelming and confusing. Our new Eat Smart workshop, led by Courtney McCliment, RD, CDCES, with Valley's Lifestyle Medicine clinics, aims to reset your relationship with food, focusing on nutrition and well-being.

Learn how to:

- Prepare balanced meals that control hunger
- Apply 5 nutrition habits that reduce your risk of chronic disease
- Break down online fad diets and nutrition trends
- Be mindful yet still enjoy favorite foods
- Grocery shop and eat out within a healthy lifestyle
- Tackle the challenges of aging with insights from Lifestyle Medicine

And more clinically proven tips from a registered dietitian.

Lifestyle Medicine

UW Medicine | VALLEY MEDICAL CENTER



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Eat Smart Workshop

WHEN: Thursday, Feb. 20 and 27 and
March 6, 6 – 7:30 PM

WHERE: Valley Medical Center's Medical Arts
Center Auditorium – 4033 Talbot Rd., Renton.

PARKING: Park in Garage D and take the skybridge
to the Medical Arts Center. Take the elevators to
floor 1 and travel to the end of the hallway.

COST: \$125

REGISTRATION: Scan QR code or visit
valleymed.org/eatsmart to register.

