



2018 LIFELINE SUMMER NUTRITION CLASSES

Class	Date	Time
1. Sugar Addiction- How to reduce sugar in your meals	June 7th	1:30-3:00PM
2. Fruits and Vegetables as Secret Ingredients	June 21st	10:00-11:30AM
3. Decoding Fats	June 28th	10:00-11:30AM
1. Sugar Addiction- How to reduce sugar in your meals	July 12th	10:00-11:30AM
2. Fruits and Vegetables as Secret Ingredients	July 19th	10:00-11:30AM
3. Decoding Fats	July 26th	10:00-11:30AM
1. Sugar Addiction- How to reduce sugar in your meals	August 9th	10:00-11:30AM
2. Fruits and Vegetables as Secret Ingredients	August 16th	10:00-11:30AM
3. Decoding Fats	August 23rd	10:00-11:30AM
1. Sugar Addiction- How to reduce sugar in your meals	Sept. 6th	1:30-3:00PM
2. Fruits and Vegetables as Secret Ingredients	Sept. 13th	10:00-11:30AM
3. Decoding Fats	Sept. 20th	10:00-11:30AM

All new class topics!

All classes held at
Lifeline located at:
54 S. State St. #309
Painesville, OH 44077

For more information or to register for a class call 440-354-2148 or email heatherd@lclifeline.org

◆ Earn a \$10 voucher for the farmers market for each class you attend– up to \$30.00

Painesville Farmers Market

Every Thursday 12 pm to 4 pm
Veteran's Park on the Square
Downtown Painesville

Mentor Farmers Market

Every Friday 2 pm to 6 pm
Garfield Park in Mentor
7967 Mentor Avenue

Willoughby Outdoor Market

Every Saturday 8 am to 12 pm
City Hall parking lot
Downtown Willoughby



Registration is required. Lifeline summer nutrition classes are for income eligible Lake Co. residents. Please call for details.

