



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEART HEALTHY NUTRITION

## HOW NUTRITION

Wednesday, February 10, at 12 pm – FREE and open to the public  
NSYMCA Virtual Program [click here](#) to participate

Or call 312-626-6799 and enter ID: 955 6809 0175 and Passcode: 429971

2021 marks the beginning of the new decade, so let's begin by establishing long lasting habits. Instead of all-or-nothing resolutions, we will go over a sustainable practice-based approach that builds healthy habits into your life one step at a time.

### Expert Nutritional Advice

Certified Precision Nutrition Coach and YMCA Personal Trainer, Anna Harris, will share strategies to build and develop long-term nutrition habits to improve your life.

### What to expect:

- How to break big goals into achievable daily practices
- How to eat just enough to never feel stuffed
- Portion control done intuitively
- Important Nutrition basics
- How to eat on the continuum
- Accountability tools and food journaling
- A mind-body scan to help your eating habits

### A part of the NSYMCA VIRTUAL ADULT EDUCATION SERIES

The NSYMCA is located at 2705 Techny Road, Northbrook, IL  
Check out all our virtual programs at [www.nsymca.org](http://www.nsymca.org)  
Register to receive a reminder email: [kbrownlee@nsymca.org](mailto:kbrownlee@nsymca.org)

