Weight Management: this series focuses on the proper nutrition needed to maintain a healthy body weight. Topics include nutrition basics, food and exercise record keeping, portion sizes, common nutrition myths, goal setting, nutrient density, and physical activity along with its role in maintaining a healthy body weight. Classes provide tips to optimize health and promote long-term health benefits.

Cardiovascular Health: this series addresses the cardiovascular system and the nutrition needed to complement physical activity. Attendees will learn to make better health choices to combat nutrition-related conditions including cardiovascular disease, hypertension, high cholesterol, and elevated triglycerides.

Sports Nutrition: this series is for active individuals of any performance level to provide sports nutrition knowledge. Attendees will learn how to maximize their athletic performance while maintaining overall optimal health. Topics include pre- and post-exercise nutrition needs, nutrient timing, and key points to maintain a healthy lifestyle.

Diabetes Management: this series covers how nutrition choices and physical activity can prevent or manage the development of type 2 diabetes. Topics include nutrition basics, physical activity, and goal setting along with how food affects blood sugar and overall health status.

Healthy Eating on a Budget: this series focuses on maintaining a healthy eating regimen while on a budget. These classes include healthy recipes, grocery shopping guidelines, and healthy eating and snacking tips.

Workshops (various topics): these classes review the latest nutrition knowledge. Each class focuses on a certain nutrition topic. Some topics include GMOs, Omega-3’s, food allergies, gluten-free diet, and cancer prevention.

For additional information e-mail instructors Sydney Spoon or Andi Woita at nutrition.center@unlv.edu