

# COLLABORATION STATION™



## Community Class

1194 Oakfield Avenue  
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Collaborationstationny.com

# NUTRITION

Collaboration Station is excited to offer Nutrition classes. This course provides a basic understanding of how nutrition impacts health and the environment. The curriculum will cover various topics to provide individuals with the knowledge to make informed decisions about their diet, the impact of nutritional choices on overall health, and ways to plan and maintain a healthy diet daily. Students will have the opportunity to participate in group discussions and presentations.

- Defining healthy eating habits
- Understanding Nutrition
- Strategies for picky eaters
- How to read a food label
- Creating a balanced diet
- Establishing guidelines for portion sizes

**Classes are open to individuals of all abilities!  
This course will run weekly for eight weeks for  
one-hour sessions. The cost is \$75.00 per session.**

**To attend, please scan the QR code or  
email us at [Collaborationstationny@gmail.com](mailto:Collaborationstationny@gmail.com)**

