



## Free Nutrition Classes

The Jackson County Department of Public Health will be offering free nutrition classes each month beginning in August. Classes will be held Monday evenings from 5:30 – 6:30 p.m. at the Health Department.

### Topics

**Eat Right Now** – An 8 week weight management class for adults on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month.

**Lipid Management** – A one-time class to learn to manage cholesterol and triglycerides on the 2<sup>nd</sup> Monday of the month

**Diabetes Prevention** – A one-time class for those looking for ways to prevent diabetes on the 4<sup>th</sup> Monday of the month.

Call **828-587-8289** to sign up for a class.