

education • program

Nutrition Education Center

Cooking with Essential Oils

Join RVNA Registered Dietitian and Nutrition Educator, Meg Whitbeck and DoTerra Wellness Advocate, Kate Fitzpatrick for an informative demonstration on cooking with essential oils. Learn how to incorporate essential oils into dressing, sauces, dips and desserts.

Tuesday, July 19th | 12:30-1:30pm | FREE

Off to College: Strategies for Healthful Eating in College & Beyond

What can you do to stay healthy and avoid the dreaded "Freshman 15?" Learn how to easily cook healthy food in your dorm room.

Tuesdays, August 2nd and August 9th | 7-8pm

Fee: \$25 per person

Let's Get Cooking! A 6-week Cooking & Nutrition Education Series

Do you want to learn to cook? Are you stuck in a rut of takeout & microwave meals? Learn how to prepare fresh, healthy foods at home.

Tuesdays, September 20th – October 25th | 11:00am - 12:30pm

Fee: \$200 (includes skill-teaching, food samples, recipes & resources weekly)

Raising a Healthy Family: From Toddlers to Teens & Beyond

Learn the nutrition needs of infants through adults and discuss how to provide healthy meals that meet everyone's needs and preferences.

Saturday, October 8th | 10-11am

Fee: \$40 per family (includes samples, recipes & resources)

Cholesterol Challenge: A 6-Week Interactive workshop

Bring your cholesterol down naturally with nutrition education & heart healthy cooking techniques.

Dates: Thursdays, October 27th – December 8th | 11:00am - 12:30pm

Fee: \$175 per person (includes before & after cholesterol tests, food tastings, and recipes)

Location

RVNA Offices
27 Governor Street
Ridgefield, CT

Presenter

Meg Whitbeck,
Registered Dietitian &
Nutrition Educator

RSVP

203-438-5555

*Program sizes are limited