

A woman with long, wavy brown hair is smiling as she shops at a farmers market. She is wearing a blue long-sleeved top and a white apron. She is holding a dark purple eggplant. In the foreground, there are various fresh vegetables like carrots, cucumbers, and bell peppers. In the background, there are other market stalls and people, including a pineapple on a green stand.

NUTRITION SEMINARS

Foods to Fight Asthma and Allergies

Wednesday, May 24 1:00 - 2:00pm

Presented by: Shandy Torain, RD

Did you know certain foods and nutrients may reduce the severity of asthma and seasonal allergies? Learn the latest research on foods and immunity and how to lessen the inflammatory response of these conditions.

Farmers Market to your Family Table

Wednesday, June 14 1:00 - 2:00pm

Presented by: Jennifer Yeh, MS, RD

Learn about what's in season at your local farmer's markets this summer! Come and get familiar with the farmer's markets in your area along with the many different and exotic vegetables and fruits to incorporate into your diet, their health benefits and creative ways to prepare them.

Defensive Eating: Eat Smart when Dining Out

Monday, July 17 5:30 - 6:30pm

Presented by: Valerie Simler, MS, RD

Americans today eat out multiple times each week, even daily. Learn how to grab a bite on the go, pick up a quick fast food lunch, or socialize with friends over dinner while staying lean and meeting your health goals.

Free to Members and Open to the Community!

LifeStyleRx - 1119 E. Stanley Blvd. Livermore

(925) 454-6369

Register at our Member Services Desk.

For more info contact Trish Buchholz at tbuchhol@stanfordhealthcare.org