

EAT RIGHT. GET MOVING. REPEAT!



FLIPANY
The Ingredient to a Healthy Life!
www.FLIPANY.org



Join FLIPANY's Registered Dietitians Elizabeth Seeley RD, LD & Jill Hickey RD, CNSD, LD for the following FREE Nutrition Sessions during National Nutrition Month

The Dietitian's Guide to Healthy Snacks

Snacks are an important part of the day and making healthy snack choices are just as important as what we eat for breakfast, lunch and dinner. Join FLIPANY's registered dietitian, Elizabeth Seeley, RD, LD for an informative discussion on how to incorporate healthy snacks in your, and your children's daily meal plan to help keep you fit and meet your daily nutritional requirements.



3/16

The Dietitian's Guide to Reading Labels & Shopping Smart

FLIPANY's registered dietitian, Jill Hickey, RD, CNSD, LD will lead you and your family on a virtual grocery store tour to teach you what to look for when looking at food nutrition labels, how to decipher all those pretty pictures on the boxes, and the best way to navigate the produce aisle.



3/23

The Dietitian's Guide to Meals on the Go

A healthy, well-balanced meal is a parents responsibility to their children and themselves. In today's busy world nutritious meals have to be convenient, easy, and quick to prepare or it is too easy to fall prey to the drive through line. FLIPANY's registered dietitian Jill Hickey, RD, CNSD, LD will show you how to make quick and tasty snacks that redefine fast food.



3/30

WHERE: ArtServe *inside the dance studio* | 1350 E. Sunrise Blvd, Ft. Lauderdale, 33304
WHEN: March 16, March 23 and March 30 from 3:30-4:30 PM and 5:30-6:30PM
WHO: Children & Families of all ages | *please note each session is limited to 25 guests*
COST: FREE | Beverages & Light Snack will be Served

To register or for information call (954) 636-2388,
or visit www.FLIPANY.org