

Neuro-Nutrition Class



An interactive class and discussion group for people who live with Parkinson's Disease, MS and other neurologic conditions.

The focus of these classes will be to learn more about how to:

- Plan a good basic diet that provides the nutrition your body needs
- Understand the calories needed to achieve or maintain a reasonable weight
- Develop eating strategies to prevent GI issues like constipation and slow digestion
- Schedule meals for best medication action
- Protect your energy by planning and preparing meals

Upcoming 2017 Class Sessions:

January 27	July - No Group
February 24	August - No Group
March 24	September 22
April 28	October 27
May 26	November 17
June 23	December - No Group

**Meets the Third Friday
of each month***

10:30 - 11:30 a.m.

Free with registration.

Location

Education Center
in the EvergreenHealth Surgery
& Physicians Pavilion
12333 NE 130th Lane
Kirkland, WA 98034

Registration

Class size is limited.
Pre-registration required.

For registration and directions
call 425.899.3000
Monday - Friday, 7 a.m. - 7 p.m.

Parking

Free parking is available
in Central Parking.

***No class July, August or
December**

