

make **healthy** happen

National Nutrition Month Events in Illinois

Throughout March: Free Nutrition Classes

Advocate Illinois Masonic Medical Center, Chicago

March 3, 11:30 a.m.: Fast Look at Intermittent Fasting, Nutrition Resource Center

March 11, 10:30 a.m.: Portion Distortion, Nutrition Resource Center

March 25: Cooking Demo and Class

March 12

Cafeteria at Advocate South Suburban Hospital, Hazel Crest

Informational table offering nutrition handouts and recipes

March 14

Cafeteria at Advocate Condell Medical Center, Libertyville

Informational table with nutrition handouts

March 16-20

Cafeteria at Advocate Good Samaritan Hospital, Downers Grove

Informational table offering a variety of handouts and recipes

March 16-20

Cafeteria at Advocate Trinity Hospital, Chicago

Informational table highlighting food labels and offering nutritious food samples.

March 16-20

Cafeteria at Advocate Sherman Hospital, Elgin

Informational table with recipes and food tasting

March 23-27

Cafeteria at Advocate Good Shepherd Hospital, Barrington

Table with information on registered dietitian consultations

March 23-27

Cafeteria at Advocate Lutheran General Hospital, Park Ridge

Informational table offering a variety of handouts and recipes

Date TBD

Outside cafeteria at Advocate Christ Medical Center, Oak Lawn

Informational table with National Nutrition Month information and “Ask the Dietitian.”