

Health Education March 2019

National Nutrition Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p><i>1</i> <i>Weight Loss Class</i> <i>10:00am - 11:00am</i> <i>3rd floor Staff Lounge</i> <i>57 West Burnside Av</i></p>	<p><i>2</i> <i>Diabetes</i> <i>Workshop</i> <i>10am - 11am</i> <i>85 West Burnside Ave</i> <i>3rd floor Conference</i> <i>room</i></p>
<p><i>3</i></p>	<p><i>4</i> <i>Male Health - Healthy</i> <i>Relationships/Hygiene</i> <i>at AHRC program</i> <i>10am-11:30am</i></p> <p><i>“What is my Plate?”</i> <i>Waiting area</i> <i>presentation/tabling</i> <i>2pm-3pm</i> <i>85 West Burnside</i></p>	<p><i>5</i> <i>“What is my Plate?”</i> <i>Waiting area</i> <i>presentation/tabling</i> <i>2pm-3pm</i> <i>25 East 183rd street</i></p>	<p><i>6</i> <i>Female Health -</i> <i>Healthy</i> <i>Relationships/Hygiene</i> <i>at AHRC program</i> <i>10am-11:30am</i></p> <p><i>“What is my Plate?”</i> <i>Waiting area</i> <i>presentation/tabling</i> <i>2pm-3pm</i> <i>85 West Burnside</i></p>	<p><i>7</i> <i>“What is my Plate?”</i> <i>Waiting area</i> <i>presentation/tabling</i> <i>2pm-3pm</i> <i>Women’s Health</i></p>	<p><i>8</i> <i>“What is my Plate?”</i> <i>Waiting area</i> <i>presentation/tabling</i> <i>2pm-3pm</i> <i>57 Burnside Ave</i></p>	<p><i>9</i></p>
<p><i>10</i></p>	<p><i>11</i> <i>Male Health - STDs</i> <i>at AHRC program</i> <i>10am-11:00am</i></p> <p><i>“Eat 5 fruits and</i> <i>veggies per day”</i> <i>Waiting area</i> <i>presentation/tabling</i> <i>2pm-3pm</i> <i>85 West Burnside</i></p>	<p><i>12</i> <i>“Eat 5 fruits and</i> <i>veggies per day”</i> <i>Waiting area</i> <i>presentation/tabling</i> <i>2pm-3pm</i> <i>25 East 183rd street</i></p>	<p><i>13</i> <i>Female Health - STDs</i> <i>at AHRC program</i> <i>10am-11:00am</i></p> <p><i>“Eat 5 fruits and</i> <i>veggies per day”</i> <i>Waiting area</i> <i>presentation/tabling</i> <i>2pm-3pm</i> <i>85 West Burnside</i></p>	<p><i>14</i> <i>“Eat 5 fruits and</i> <i>veggies per day”</i> <i>Waiting area</i> <i>presentation/tabling</i> <i>2pm-3pm</i> <i>Women’s Health</i></p>	<p><i>15</i> <i>“Eat 5 fruits and</i> <i>veggies per day”</i> <i>Waiting area</i> <i>presentation/tabling</i> <i>2pm-3pm</i> <i>57 Burnside Ave</i></p>	<p><i>16</i> <i>Hypertension</i> <i>Workshop</i> <i>10am - 11am</i> <i>85 West Burnside Ave</i> <i>3rd floor Conference</i> <i>room</i></p>

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<p>17</p>	<p>18 <i>"How to read nutrition labels"</i> <i>Waiting area presentation/tabling</i> <i>2pm-3pm</i> <i>85 West Burnside</i></p>	<p>19 <i>"How to read nutrition labels"</i> <i>Waiting area presentation/tabling</i> <i>2pm-3pm</i> <i>25 East 183rd street</i></p>	<p>20 <i>Female Health Birth Control at AHRC program</i> <i>10am-11pm</i> <i>"How to read nutrition labels"</i> <i>Waiting area presentation/tabling</i> <i>2pm-3pm</i> <i>85 West Burnside</i></p>	<p>21 <i>"How to read nutrition labels"</i> <i>Waiting area presentation/tabling</i> <i>2pm-3pm</i> <i>Women's Health</i></p>	<p>22 <i>"How to read nutrition labels"</i> <i>Waiting area presentation/tabling</i> <i>2pm-3pm</i> <i>57 Burnside Ave</i></p>	<p>23 <i>Physical Activity Workshop</i> <i>10:00am - 11:00am</i> <i>85 West Burnside Ave</i> <i>3rd floor Conference room</i></p>
<p>24</p>	<p>25 <i>"PE 60 minutes a day" Waiting area presentation/tabling</i> <i>2pm-3pm</i> <i>85 West Burnside</i></p>	<p>26 <i>"PE 60 minutes a day" Waiting area presentation/tabling</i> <i>2pm-3pm</i> <i>25 East 183rd street</i></p>	<p>27 <i>"PE 60 minutes a day" Waiting area presentation/tabling</i> <i>2pm-3pm</i> <i>85 West Burnside</i></p>	<p>28 <i>"PE 60 minutes a day" Waiting area presentation/tabling</i> <i>2pm-3pm</i> <i>Women's Health</i></p>	<p>29 <i>National Diabetes Prevention Program</i> <i>10am-11am</i> <i>57 West Burnside</i> <i>3rd floor Lounge</i> <i>"PE 60 minutes a day" Waiting area presentation/tabling</i> <i>2pm-3pm</i> <i>57 Burnside Ave</i></p>	<p>30 <i>Weight Loss Workshop</i> <i>10:30am-12pm</i> <i>85 West Burnside Ave</i> <i>3rd floor Conference room</i></p>