



The Nutritionist

classes & tours

LINGLESTOWN • May/June



Sarah Glunz MS, CNS

Linglestown In-store Nutritionist

2300 Linglestown Road
Harrisburg, PA 17110
717-545-0489

Registration is required for all Nutritionist classes.
Call 717-545-0489 and follow the prompts for the Nutritionist.

Tuesday May 8

Healthy Ideas for Diabetics

1-2pm or 6-7pm • FREE • Adults

Registration Required by Friday, May 4

Meets in the Linglestown Nutritionist's Office

This class will begin with a discussion of healthy eating tips for diabetes – quantity, quality and balance of nutrients are all important! We will also take a tour of the store to discover which foods can help to control diabetes and which ones to avoid!

Thursday June 14

On-the-Go Meals and Snacks

1-2pm or 6-7pm • FREE • Adults

Registration Required by Monday, June 11

Meets in the Linglestown Nutritionist's Office

It's summertime and that means vacations and road trips! Come to this class and discover some easy ways to make sure your family eats well even when you're on-the-go!

Wednesday May 23

Adding Nutrition to Your Gluten-Free Diet

6-7pm • FREE • Adults

Registration Required by Friday, May 18

Meets in the Linglestown Nutritionist's Office

Gluten-free living often focuses on what not to eat, but do you know what foods you should be adding to your diet for optimal health? Learn how to boost nutrition in your gluten-free meals and snacks to ensure you are getting enough iron, B vitamins, calcium and fiber. This class is a wonderful opportunity to meet others who are living gluten-free. Bring a recipe to share!

Tuesday June 26

Healthy Ideas™ Book Club Meeting

6-7:30pm • FREE • Adults

Registration Required by Tuesday June 5

Meets in the Linglestown Nutritionist's Office

Come join our Healthy Ideas Book Club! Sarah Glunz, in-store nutritionist, has taken her passion for nutrition and reading and created a one-of-a-kind book club that will focus on publications surrounding nutrition and other health and wellness topics. The meeting will include a lively discussion and sampling of some recipes from the book! Book will be revealed upon registration. Each participant is responsible for the cost of the book.

