

# Nutrition classes are now offered at AID Atlanta

## Available classes:

Healthy Cooking: Join us on *Saturday, February 23rd at 11:00am* for some healthy cooking tips. You will receive new recipes to try, and will learn how to give your old favorites a healthy makeover. We will focus on lowering the fat and sodium in your foods, while adding more vitamins, minerals and fiber. Please RSVP to my email address below, or call 404-870-7754 leave name and contact number.

Would you like to know more about nutrition? Did your individual nutrition session leave you hungry for more advice? Monica is now teaching group nutrition classes.

## Online resources:

- Food safety/Meat and Poultry Hotline: 1-800-MPHOTLINE or [www.fsis.usda.gov](http://www.fsis.usda.gov)
- General nutrition: [www.mypyramid.gov](http://www.mypyramid.gov)
- Heart health: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) and [www.americanheart.org](http://www.americanheart.org)
- HIV: [www.apositivelife.com](http://www.apositivelife.com)
- HIV and nutrition: [www.hivresources.com/Nutrition.htm](http://www.hivresources.com/Nutrition.htm)
- Office of Dietary Supplements: <http://ods.od.nih.gov>
- Open Hand Atlanta: [www.projectopenhand.org](http://www.projectopenhand.org)

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