

# HEALTHY eating

---

This four-part series of FREE classes will offer practical tips for how and why you should eat healthy. Join us for one, two, three, or all four classes.

---

## when? WEDNESDAYS (6:45-7:30 P.M.)

- **January 22: SUGAR**—Ah honey, honey! Sucrose, fructose, honey, agave, maple syrup...good, bad or ugly? Come hear about sugar—how it affects us and why we love it so much. What is the latest research? What do you need to know?
  - **January 29: MACRONUTRIENTS**—The big three! What are they? What do they do? How do I consume them? Are carbs bad or good? Confused? Then this is the lecture for you.
  - **February 5: MICRONUTRIENTS**—Small, many and mighty! What are micronutrients? Why are they important? What foods are nutritionally dense? Can't I just take a pill?
  - **February 12: CALORIES**—Those tiny creatures that sneak into your closet at night and sew your clothes tighter! Do they matter? Do they count? Are they all equal? Does the saying "calories in/calories out" hold meaning? Well, let's explore it together.
- 

## who?

**Lee Gibbs** is a certified fitness nutritionist, personal trainer, and group-ex instructor.



## where?

**The Episcopal Church of the Ascension**  
*a welcoming and inclusive community*  
**726 1st Ave NW, Hickory, NC 28601**