

# “How to Obtain a Healthy Lifestyle”

Presented by Patricia Marshall Harris of Classie Nutrition LLC

## Spring/Summer 2019 Workshops

Thursdays: May 30, June 6, 13, 20, 2019

Independence Blue Cross  
1901 Market Street . Philadelphia, PA  
12:30 pm – 1:30 pm



The “*How to Obtain a Healthy Lifestyle*” Workshop Series is designed to support IBC’s “Eat Right for Life Series,” and to empower attendees to extend healthy behavior and lifestyles, beyond the workplace and into their homes.

Participants will learn exactly what a healthy lifestyle encompasses, how to build on that foundation and make healthy choices in your daily routine: nutrition, exercise, and good sleeping habits.

**Patricia Marshall Harris** is an AFPA-Certified nutrition and wellness consultant and chef, who is especially committed to assisting workshop participants in developing healthy and nutritional food practices. She does so while adhering to two guiding principles:

1. Nutritious food never has to be bland or unappealingly presented *and*,
2. It is appropriate to expect that foods that contribute to a healthy lifestyle should also taste good.

Food sampling, recipe sharing and cooking demonstrations are also included in the Workshop Series, during which participants are taught how to prepare simple, budget-conscious, healthy foods, using seasonal fruits and vegetables.

### Session 1 - May 30

#### How to Prepare Your Body for Seasonal Change

- Tips on setting realistic goals
- Tips on creating healthy eating habits
- Tips on how to stay motivated

### Session 2 - June 6

#### How to Prepare Your Mind for Seasonal Change

- How to manage seasonal stress and mood changes
- How to reconnect with family and friends
- How outside activity rejuvenates your spirits

### Session 3 - June 13

#### How to Prepare Your Home for Seasonal Change

- How to declutter your home
- How the color of your home can affect your health
- How the right plant can bring balance to your home

### Session 4 - June 20

#### Cooking Demonstration

- Recipe sharing
- Meal planning



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