

# HEALTHSOURCE

## FREE HEALTH EDUCATION CLASS SCHEDULE



*Healthsource educational programs are offered by Community Health Improvement at Fletcher Allen. These programs are FREE and offer healthy lifestyle classes. Pre-registration is required by calling (802) 847-2278 or registering online at [FletcherAllen.org/Healthsource](http://FletcherAllen.org/Healthsource). Please note class location and directions are provided upon registration. FREE parking is available onsite for all classes.*

### FOOD DIVERSITY, HUMAN HEALTH AND CLIMATE CHANGE

*Gary Nabhan, W.K. Kellogg Endowed Chair in Sustainable Food Systems at the University of Arizona*

This discussion will explore the links between food crop diversity and human health, in the context of how both may be affected by climate change. Climate change will affect both the distribution and yields of many place-based fruits and heirloom vegetables. However, many new strategies are being employed to get more diversity back into the hands and diets of low-income families which are already nutritionally-at risk. Nutritional intervention success stories from diabetes-prone populations in the U.S. Southwest, Mexico and Hawaii will be featured. There will be a book sale and signing after the talk.

WHEN Wednesday, January 29, 6:30-8:00 pm

WHERE Davis Auditorium, Medical Center Campus

For more information about the book, please visit:  
<http://media.chelseagreen.com/growing-food-in-a-hotter-drier-land>

### REBUILDING THE FOOD SHED

*Philip Ackerman-Leist, Professor at Green Mountain College*

Showcasing some of the most promising, replicable models for growing, processing, and distributing sustainable grown food. We will cover the landscape of the burgeoning local-food movement, from rural to suburban to urban, and from backyard gardens to large-scale food enterprises. There will be a book sale and signing after the talk.

WHEN Thursday, February 6, 6:30-8:00 pm

WHERE Davis Auditorium, Medical Center Campus

For more information about the book, please visit:  
<http://media.chelseagreen.com/rebuilding-the-foodshed>

[FletcherAllen.org/Healthsource](http://FletcherAllen.org/Healthsource)



## CLIMATE CHANGE AND VERMONT

*Alan Betts, Ph.D., Atmospheric Research*

The climate and the natural ecosystems of the Earth are being transformed by greenhouse gases from our industrial society. How is this affecting Vermont? Come learn what strategies and mind-set are needed to mitigate, adapt and build resilience.

**WHEN** Tuesday, February 18, 6:30-8:00 pm

**WHERE** Davis Auditorium, Medical Center Campus

*For more information, please visit: <http://alanbetts.com/>*

## CHEESE & CULTURE

*Dr. Paul Kidstedt, Professor of Food Science in the Department of Nutrition and Food Sciences at the University of Vermont*

Paul will shed light on the 9,000-year history of cheese, the ways in which it has shaped civilization, and what it can tell us about the future of food. Paul will also discuss how the availability of salt shaped cheese making history, the role of spirituality in cheese making, and how local and distant marketplaces shaped the history of cheese. This class will include a cheese tasting. There will be a book sale and signing after the talk.

**WHEN** Thursday, March 6, 6:30-8:00 pm

**WHERE** Davis Auditorium, Medical Center Campus

*For more information about the book, please visit:*

*<http://media.chelseagreen.com/cheese-and-culture-paperback>*

## FOOD MATTERS COOKING SERIES

*Kim Evans, RD, Fletcher Allen Health Care; Leah Pryor, Line Chef, Fletcher Allen Health Care*

This series is designed for the more seasoned chef who is interested in taking their cooking skills to the next level. This class will make use of the emerging science of nutrition where “food is medicine”. This class is open to anyone who already has a basic level of comfort in the kitchen and who is looking to learn new culinary skills. Sign up for one or all. Class size is limited.

**WHEN** Sundays, January 26, February 23, March 9 and March 23, 1:00-3:30 pm

**WHERE** South Burlington

## DOCTOR ON THE DINNER PLATE

The idea of food as medicine is not new. Hippocrates made such declaration in 431 BC “Let food be thy medicine and medicine be thy food” and more recently we are reminded by food expert and journalist Michael Pollan “Shake the hand that feeds you”. This class will look at chronic diseases such as heart disease, diabetes, and arthritis with the understanding that certain foods can be a tool in managing, preventing, and treating these diseases.

**WHEN** Sunday, January 26, 1:00-3:30 pm

**WHERE** South Burlington

## THE SCIENCE OF TASTE

Have you ever heard of the Asian flavor wheel? Have you ever wondered why some foods taste good to you and others do not? While it would seem straightforward, it is not. We will learn how to work with the science of taste to create enticing dishes. This class will also explore the health benefits, and there are many, of some of our tasty additives of herbs, spices, and savory items.

**WHEN** Sunday, February 23, 1:00-3:30 pm

**WHERE** South Burlington

## GLUTEN FREE, NOW WHAT?

There is a lot of talk about gluten free eating these days. For some eating gluten free is a choice, and for others, such as those with Celiac Disease, it is not. Either way, eating foods that are naturally gluten free can be a tasty and healthy part of any meal. In this class we will make a gluten free breakfast, lunch, and dinner...as well as a dessert. Our dietitian will review some important health considerations when eating gluten free.

**WHEN** Sunday, March 9, 1:00-3:30 pm

**WHERE** South Burlington

## BREAKFAST FOR DINNER, BREAKFAST FOR HEALTH

We would not be the first to say “breakfast is the most important meal of the day” and yet it is also one of the most frequently skipped meals. Eating breakfast is a good idea with many health benefits. Who says that breakfast foods need to be eaten at the beginning of the day? This class will focus on the health benefits of breakfast foods, as well as explore the innovative use of these delicious foods at any time of the day.

**WHEN** Sunday, March 23, 1:00-3:30 pm

**WHERE** South Burlington

*For more information or to register, please call (802) 847-2278.*

## SCREENINGS

### BLOOD PRESSURE SCREENINGS – WALK-INS

**WHEN** Third Tuesday of every month, 10:00 am to noon

**WHERE** Community Health Improvement, 128 Lakeside Avenue, Suite 106, Burlington

**COST** Free