



# Nutrition Education Classes

Lincoln Health System is committed to providing the highest quality of care to our community and lead them towards wellness. Eating healthy and staying active are great ways to take care of our bodies, but sometimes we don't know what eating healthy looks like-especially if we have had a new diagnosis from our physician.

To help our community and our patients live healthier lives, LHS is offering FREE nutrition classes taught by a registered dietitian.

## Diabetes Education Class

These classes are designed to provide education on diabetes management and are taught by a registered dietitian. Classes are FREE and do not require a physician referral.

**3:00 pm**

Lincoln Medical Center Education Classroom  
4th Thursday of each month

## Eating for a Healthy Lifestyle

These classes are designed to provide education on weight management, hypertension, and high cholesterol and teach patients how the food they eat can affect their chronic illnesses. Classes are taught by a registered dietitian. Classes are FREE and do not require a physician referral.

**5:00 pm**

Lincoln Medical Center Education Classroom  
4th Thursday of each month

## How to Register

Call 931-438-7392 to register or for more information. Classes are taught on the Ground Level of Lincoln Medical Center in the Education Classroom.

[www.LincolnHealthSystem.com](http://www.LincolnHealthSystem.com)