

# NUTRITION MONDAYS

***December Theme:  
Wellness: The Gift  
That Keeps On Giving***

**12/1: The Truth About Carbs  
& Inflammation**

**12/8: Fiber: Your Gut's Housekeeper**

**12/15: Sweetness Simplified**

**12/22: --No Session--**

**Merry Christmas!**

**Mondays at 6 pm on Zoom  
Free Online Class**

[Click Here or  
Scan the QR Code  
to Register](#)



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Meeting Accessibility Policy: Montgomery County will provide sign language interpreters and other auxiliary aids or services upon request--with as much advance notice as possible, preferably within at least three (3) business days before the event. Contact Ms. Wanneh Dixon, Program Manager for the African American Health Program at 240-777-1451 or send a request to [wanneh.dixon@montgomerycountymd.gov](mailto:wanneh.dixon@montgomerycountymd.gov). Taking these steps will help us have sufficient time to best meet your needs.

