



Events Calendar: October 31st – November 6th

Fitness Classes

- **Vinyasa Yoga**
Tuesday - Friday, 8 am
- **Lunch Walking Club:** Tuesday - Friday, 12 pm

Supper Clubs

- **Dinner Club**
Tuesday & Wednesday, 6 pm – 8 pm
- **Brunch Club**
Saturday 10 am – 12 pm

Open House

- **Monday**
10 am - 6 pm
- **Tuesday – Friday**
9 am – 9 pm

Nutrition Classes

Instructors:
Giovanna Miller
Holly Shelowitz

The Truth About Dairy

Practical Skill Building Classes

Instructors:
Giovanna Miller
Holly Shelowitz

Food Addiction: The Lure of Unhealthy Foods
Why Diets Don't Work and Eating Whole Does – A Lesson in Calorie Density

Cooking For Health

Instructor:
Chef Juan Pablo

Lunch

Free Nutrition 101 Classes

<p>Four Pillars Part I:</p> <p>Begin your healthy eating journey with the first of four lectures embodying Whole Foods Market's, Four Pillars of Healthy Eating. This presentation will focus on Whole Foods and Plant Strong™ – emphasizing the benefits of incorporating these two philosophies into your diet.</p>	<p>Four Pillars Part II:</p> <p>Continue your journey with the second half of the Four Pillars of Healthy Eating lectures covering Healthy Fats and Nutrient Dense foods. Learn what these terms mean and how best to incorporate them into your diet.</p>	<p>Reconfiguring Your Plate:</p> <p>Building on the Four Pillars of Healthy Eating learn how easy, delicious and deeply satisfying reconfiguring your plate can be by incorporating more Plant Strong™, nutrient dense, whole foods.</p>	<p>Strategies for Success:</p> <p>Learn healthy eating lifestyle tips you'll need to achieve success. This introductory presentation will cover menu/meal planning and offer strategies for a successful transition.</p>
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All nutrition education courses, practical classes, weekly support meetings, cooking classes, and fitness classes are free to members! Sign-up in advance to secure a spot in the class by stopping by the member desk during club hours, email holly.ferrell@wholefoods.com , or call (212) 349-6500 . Here's to your health!



Events Calendar: October 31st – November 6th

Wellness Club Hours

Monday

• 10 am – 6 pm

Tuesday

• 8 am – 9 pm

Wednesday

• 8 am – 9 pm

Thursday

• 8 am – 9 pm

Friday

• 8 am – 9 pm

Saturday

• 10 am – 6 pm

Sunday

• 10 am – 6 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1	2	3	4	5	6
10 am – 1 pm Wellness Club Tours 2 pm – 5 pm Wellness Club Tours	8:15 am Vinyasa Yoga 10 am – 11 am Nutrition 101: Part 2: Nutrient Density and Healthy Fats 11 am – 12 pm The Truth about Dairy 12 pm – 1 pm Lunch Walking Club 2 pm – 3pm Cooking for Health: Lunch 3 pm – 4pm Cooking for Health: Lunch 4 pm – 5 pm Nutrition 101: Part 2: Nutrient Density and Healthy Fats 6 pm – 6:30 pm Cooking Demo 6 :30 pm – 8 pm Supper Club	8:15 am Vinyasa Yoga 10 am – 11 am Nutrition 101: Part 2: Nutrient Density and Healthy Fats 11 am – 12 pm Cooking for Health: Lunch 12 pm – 1 pm Lunch Walking Club 2 pm – 3 pm Cooking for Health: Lunch 3 pm – 4 pm Cooking for Health: Lunch 4 pm – 5 pm Nutrition 101: Part 2: Nutrient Density and Healthy Fats 6 pm – 7 pm Weekly Support Meeting 6:30-8 Supper Club	8:15 am Vinyasa Yoga 10 am – 11 am Nutrition 101: Part 2: Nutrient Density and Healthy Fats 11 am – 12 pm Food Addiction: The Lure of Unhealthy Foods 12 pm – 1 pm Lunch Walking Club 2 pm – 3 pm Food Addiction: The Lure of Unhealthy Foods 3 pm – 4 pm Food Addiction: The Lure of Unhealthy Foods 4-5 pm Nutrition 101: Reconfiguring Your Plate 6 pm – 7 pm The Amazing Human Body 7 pm – 8 pm Learning a New Language-	8:15 am Vinyasa Yoga 10 am – 11 am Nutrition 101: Part 2: Nutrient Density and Healthy Fats 11 am – 12pm A Lesson in Calorie Density 12 pm – 1pm Lunch Walking Club 2 pm – 3pm A Lesson in Calorie Density 3 pm – 4 pm A Lesson in Calorie Density 4 pm – 5 pm Nutrition 101: Strategies for Success 6 pm – 7 pm The Amazing Human Body 7 pm – 8pm Healthy Lifestyle Change: Learning a New Language	10 am – 12 pm Brunch 12 pm – 1 pm The Truth about Dairy 1-2 pm Cooking for Health: Lunch 2 pm – 3 pm Food Addiction: The Lure of Unhealthy Foods 3 pm – 4 pm Why Diets Don't Work and Eating Whole Foods Does: A Lesson in Calorie Density	10 am – 6 pm Wellness Club Tours