



Exploring Plant-Based Diets

A self-paced 5-week class taught through our Virtual Gym

Led by Sandy Holterhaus, RDN, LD, CYT

Virtual class runs August 16 – September 19

Fee \$30 – Register by August 12 at the Rec Center
Front Desk or by calling 319-295-2552



Are you interested in learning how to eat a more plant-based diet? In exploring the health benefits of Vegan and Vegetarian diets? Join this class to explore which type of plant-based diet might work best for you, learn to use and combine plant-based proteins, and how to prevent critical nutrient deficiencies when eating plant-based.

You can do this program online at your own pace* through the Rec Center Virtual Gym. Class includes:

1. Group page, with recipes and information posted by the dietitian/group members.
2. Three Q&A meetings with the dietitian (join live or watch later via recording).
3. Easy to follow! Just click on daily calendar links to access videos and resources
4. Five short, pre-taped video classes can be watched on your own time, including:
 - *Introduction to Plant-Based Diets*
 - *Vegan and Types of Vegetarian Diets*
 - *Deeper Dive into Pescatarian, Pollotarian, and Flexitarian Diets*
 - *Understanding and Combining Plant Proteins*
 - *Nutrients of Concern when Eating Plant-Based*

*Class runs for five weeks from August 16th through September 19th