



Collins Aerospace

REC CENTER

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 February 28 – April 3

Fee \$36 – Register by Thursday, Feb 24 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, cooking videos and information posted by the dietitian/group members.
2. Easy to follow video classes! Just click on daily calendar links to access videos and recommended resources
3. 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 February 28th through April 3rd