



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Learn something new with our FREE Virtual Nutrition Events! Led by registered dietitians, we offer fun & educational events for the whole family. For full event descriptions & to register, visit www.bigy.com/LivingWell/GetSocial or Scan this QR Code.</p> 			<p>Heart-Healthy Meal Planning  1 11:00 AM – 12:00 PM</p> <p>Herbs, the Spice of Life  1 1:00 – 2:00 PM</p> <p>Living with Diabetes  1 6:00 – 7:00 PM</p>	<p>Healthy Eating on a Budget  2 10:00 – 11:00 AM</p> <p>Eating Behavior Management Series  1 4:00 – 5:00 PM</p>	<p>Egg-splore the Benefits of Eggs  3 10:00 – 10:30 AM</p>	<p>Kids Get Cooking: Spring Creatures  4 10:00 – 10:45 AM</p>
5	6	<p>Rethinking Dairy  7 10:00 – 11:00 AM</p> <p>Plant-Based Eating and Meal Planning  1 3:00 – 4:00 PM</p>	<p>Living with Diabetes  8 11:00 AM – 12:00 PM</p> <p>Tea Time  1 6:00 – 7:00 PM</p>	<p>Food Allergies and Intolerances  9 4:00 – 5:00 PM</p> <p>Let's Get Cooking 101: Veggie Noodle Madness  1 6:00 – 7:00 PM</p>	<p>Maintaining Healthy Habits on Vacation  10 11:00 AM – 12:00 PM</p>	<p>Understanding the DASH Diet  11 10:00 – 11:00 AM</p>
<p>Kids Get Cooking: Power-Up Brownies  12 4:00 – 5:00 PM</p>	<p>Heart-Healthy Living  13 2:00 – 3:00 PM</p> <p>Men's Health  1 3:30 – 4:30 PM</p>	<p>Men's Health  14 6:30 – 7:30 PM</p>	<p>Adding Veggies to Meals and Snacks  15 11:00 AM – 12:00 PM</p> <p>Herbs, the Spice of Life  1 7:30 – 8:30 PM</p>	<p>Healthy Eating on a Budget  16 2:00 – 3:00 PM</p> <p>Eating Behavior Management Series  1 4:00 – 5:00 PM</p> <p>Kids Get Cooking: Power-Up Brownies  1 6:00 – 7:00 PM</p>	17	18
19	<p>Adding Veggies to Meals and Snacks  20 2:00 – 3:00 PM</p>	<p>Tea Time  21 1:00 – 2:00 PM</p> <p>Healthy Eating on a Budget  1 6:00 – 7:00 PM</p>	<p>Maintaining Healthy Habits on Vacation  22 10:00 – 11:00 AM</p> <p>Cooler-Friendly Lunch Ideas  1 3:00 – 3:45 PM</p>	<p>Eat the Rainbow  23 3:00 – 4:00 PM</p> <p>Let's Get Cooking 101: Cool as a Cucumber  1 6:00 – 7:00 PM</p>	24	25
26	<p>Kids Get Cooking: Chewy Walnut Trail Bars  27 10:00 – 10:45 AM</p>	<p>Eating Behavior Management Series  28 6:00 – 7:00 PM</p> <p>Eat the Rainbow  1 7:30 – 8:30 PM</p>	<p>Spring into Summer Fitness  29 10:00 – 11:00 AM</p> <p>Adding Veggies to Meals and Snacks  1 3:00 – 4:00 PM</p> <p>More Flavor, Less Sodium  1 7:30 – 8:30 PM</p>	<p>Spring into Summer Fitness  30 4:00 – 5:00 PM</p> <p>Navigating Summer Cookouts with Diabetes  1 6:00 – 7:00 PM</p>	<ul style="list-style-type: none">  Presentation  Support Group  Hands-On Kid Activity  Cooking Demo  Virtual Store Tour 	