

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, Scan this QR Code or visit www.bigy.com/Living Well/GetSocial</p>		<p> Presentation</p> <p> Support Group</p> <p> Hands-On Kid Activity</p> <p> Cooking Demo</p> <p> Virtual Store Tour</p> <p> Movement Demo</p>	<p> 1</p> <p><i>Eating Behavior Management Series</i> 4:00 – 5:00 PM</p>	<p>2</p>	<p>3</p>	
<p>4</p> <p> Living with Diabetes 6:00 – 7:00 PM</p>	<p>5</p> <p> Healthy Holidays with Diabetes 6:00 – 7:00 PM</p>	<p>6</p> <p> Exploring the Mediterranean Diet 10:00 – 11:00 AM or 6:00 – 7:00 PM</p>	<p>7</p> <p> Let's Get Cooking 101 – Air Fryer Fun 6:00 – 7:00 PM</p>	<p>8</p>	<p>9</p>	<p>10</p> <p> Understanding the DASH Diet 10:00 – 11:00 AM</p>
<p>11</p> <p> Understanding the DASH Diet 6:00 – 7:00 PM</p>	<p>12</p> <p> Reducing Inflammation with Nutrition 6:00 – 7:00 PM</p>	<p>13</p> <p> Kids Get Cooking: Pear Breakfast Calzones 6:00 – 7:00 PM</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p> <p> Kids Get Cooking: Homemade Dog Biscuits 10:00 – 11:00 AM</p>
<p> 18</p> <p>Kids Get Cooking: Maple Almond Cranberry Granola 3:00 – 4:00 PM</p>	<p>19</p> <p> Healthy Holidays with Diabetes 9:00 – 10:00 AM</p>	<p>20</p> <p> Healthy Dining Out 10:00 – 11:00 AM or 6:00 – 7:00 PM</p>	<p>21</p> <p> Living with Diabetes 10:00 – 11:00 AM</p> <p> Kids Get Cooking: Winter Holiday Traditions Around the World with Potato Latkes 6:00 – 7:00 PM</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p> 26</p> <p>Move More Indoors 7:15 – 8:15 PM</p>	<p>27</p> <p> Nutrition and Lifestyle Changes That Last 9:00 – 10:00 AM</p> <p>Eating Behavior Management Series 6:30 – 7:30 PM</p>	<p>28</p> <p> Reducing Inflammation with Nutrition 10:00 – 11:00 AM</p> <p> Nutrition and Lifestyle Changes That Last 6:00 – 7:00 PM</p>	<p> 29</p> <p>Mediterranean at Midnight 6:00 – 7:00 PM</p>	<p>30</p>	<p>31</p>