



MARCH IS NUTRITION MONTH

JOIN US FOR THE FOLLOWING NUTRITION BASED EVENTS
REGISTER ON OPTIMAL BY LIV NORTH

NUTRITION 101 - CARBS, FATS & PROTEIN

Knowing what is in your food and what each nutrient is used for can help guide your food selection and healthy eating choices. In this 30 minute workshop, Mat breaks down the difference between Carbohydrates, Fats and Proteins, why we need them, where we can find them and how much we should eat. He will also look at some food label basics.

March 9 - 1:30 pm AT / 12:30 pm ET / 10:30 am MT / 9:30 am PT

OVERNIGHT OATS

Overnight oats offer a range of health benefits, due to their rich fibre and protein content. They also contain a number of vitamins and minerals, some of which include manganese, phosphorus, magnesium, copper, iron and zinc. This makes overnight oats healthy for your gut, as well as for overall health and well-being.

Join Lisa for this 30 minute session and learn how simple overnight oats are to make and add to your daily menu.

March 16 - 5:00 pm AT / 4:00 pm ET / 2:00 pm MT / 1:00 pm PT

All sessions are live streamed using Zoom and will be available on demand following the live session.

Free for all registered Optimal by LIV North users.

