



Community Nutrition Series

7pm Wednesday Nights December through March
On-site at ACW

1147 South Alvarado Street, Los Angeles, CA 90006

No Cost. *Donations are appreciated!*



Moran Zohman is a registered dietitian nutritionist and a professionally trained chef. Moran has over a decade experience coaching adults on how to improve their health by examining their relationships between their emotions and food while building their nutrition knowledge and cooking skills. With her passion for nutrition, culinary arts and exercise, Moran motivates people to improve their health and self-care. She is an expert at offering ways to pump up the flavor and nutrients with quick and easy recipes. She has revolutionized ACW's residential menu, and kitchen, and added nutrition classes that have improved the health of countless clients in her year at ACW. ACW is fortunate to have Moran part of our team improving the health and long term sobriety of our clients. These Community Nutrition Classes are our way of extending health education to our alumni, friends and community partners.

Community Nutrition Series Classes:

December 13 th 2017	7:00pm	Eating Healthier during the <i>Holidays</i>
January 10 th 2018	7:00pm	Defeating Diabetes with Delicious Dishes
February 7 th 2018	7:00pm	Enjoying Chocolate: A Balanced Diet is Chocolate in BOTH Hands!
March 14 th 2018	7:00pm	Hottest Foods & Nutrition Trends



Bring your questions and appetites to ACW's Community Nutrition Classes

Nutrition plays a vital part in recovery. Food has the power to correct biochemical imbalances, nutritional deficiencies and manage digestive problems. To help with long term sobriety and/or improve your health, Register today! We only have limited spots available.

Please call Patrick at 213.381.8500 ext. 303 or phausfeld@acwla.org to register.

