



# Mayflower Municipal Health Group Presents: **FREE Monthly Nutrition Support Group**

**Tuesdays July 7th, August 4th, September 1st, November 3rd, and December 1st from 6 PM– 7PM  
and Thursday October 8th 5 PM-6 PM (see below for locations & descriptions)**

Join Nicole Cormier, Registered Dietician, and founder of [Delicious Living Nutrition](#), as she facilitates a six part monthly support group that will help you create a more positive relationship with food and encourage you to eat foods that are “real, whole, delicious, and exciting”. This support group will give you the tools you need to incorporate more local produce and locally produced nutrient-dense foods into your meals. It will include local food discussions, identify local food sources, resources and recipes (including healthy cooking demonstrations)— the group will even visit a local farm and farmers market! **This is an incredible opportunity to learn about the benefits of eating locally and seasonally, from a nutritional perspective, in a positive and supportive group environment.**

**Support Group is FREE and open to all Mayflower Municipal Health Group member unit employees, retirees and their spouses. Register for all 6 Sessions or for Individual Sessions.**

**Register to participate by email at [wellness@mmhg.org](mailto:wellness@mmhg.org) or by calling 774-773-9306. Space is limited.**

## **Eating Farm-Fresh Tuesday July 7, 2015 6:00– 7:00 PM West Bridgewater COA**

97 West Center Street, West Bridgewater MA 02379

The local food movement is bringing flavor and nutrition to the table that can have a huge impact on your health. Every season, farms produce farm-fresh produce and foods to use in a variety of seasonal recipes. The foods you choose to eat throughout the day can help increase energy levels, improve your overall health and maintain a healthy relationship with food.

## **Intuitive Cooking with Seasonal Ingredients Tuesday August 4, 2015 6:00– 7:00 PM Abington Town Hall**

500 Gliniewicz Way, Abington MA 02351

Cooking intuitively introduces using ingredients in your pantry to create new meals that can be exciting, creative and help you achieve your goals without waste. This approach encourages you to practice creating your own simple recipes without following others to a “T”. It’s important not to judge or compare our meals to others, but instead explore your own combinations and creations. Participants will receive hands on experience with intuitive cooking.

## **Visiting a Farm, Harvesting your Groceries Tuesday September 1, 2015 6:00 PM (Location TBD)**

You will tour a local farm to meet farmers and learn how they grow their crops, where they come from, what’s in season, and why they choose to farm. We will be harvesting a few different crops and will provide a small demonstration on how to prepare what was harvested.

## **Farmers’ Market Tour Thursday October 8, 2015 5:00 PM Plymouth Farmers Market**

Plimoth Plantation 137 Warren Avenue, Plymouth MA 02360

You will tour a local farmers’ market to meet farmers and learn how they grow their crops, where they come from, what’s in season, and why they choose to farm. You will get to know local artisans, bakers, food purveyors and market managers. A visit to the farmers market will get you excited about making healthy food choices by building a sense of connection to the people who grow food.

## **Seasonal Cooking for Fall Tuesday November 3, 2015 6:00– 7:00 PM West Bridgewater COA**

97 West Center Street, West Bridgewater MA 02379

You will have a seasonal and local food experience that incorporates tips for adding more seasonal foods into your nutrition practice for a healthier lifestyle. You will receive and taste nutritional complete recipes that include a “What’s in Season?” handout to refer to each season. and a reading list to help sustain health and motivation.

## **Seasonal Cooking for Winter Tuesday December 1, 2015 6:00– 7:00 PM Plymouth County Retirement Association**

10 Cordage Park Suite 234 Plymouth MA 02360

You will have a seasonal and local food experience that incorporates tips for adding more seasonal foods into your nutrition practice for a healthier lifestyle. You will receive and taste nutritional complete recipes that could be your new holiday staples.

*Nicole Cormier is a Registered Dietitian and local food enthusiast. She is owner of the nutrition counseling company, [Delicious Living Nutrition, Inc.](#), inspiring each client to connect to their food sources and improve their whole health. Her community outreach regarding the local food movement includes her radio show, [Radio Brunch](#), her health food store, [Farm Fare Market](#). She is also author of the [Everything Guide to Nutrition](#), [The \\$5 a Meal Vegetarian Collage Cookbook](#) and [201 Organic Smoothies & Juices for a Healthy Pregnancy](#).*