

Evening Education Series 2025

January 9, 2025

Presenter: Taylor Chaplin RD, LD
Topic: Supportive Environments

February 13, 2025

Presenter: Allison Rantanen RD, LD
Topic: Body Image/Be Kind to Yourself

March 13, 2025

Presenter: Evan Burrowes RD, LD
Topic: Protein: How Much You Need and How to Get Enough

April 10, 2025

Presenter: Deborah Prelesnik RD, LD
Topic: What to do When Willpower Won't Work

May 8, 2025

Presenter: Rachael Tschida RD, LD
Topic: All About Fiber

June 12, 2025

Presenter: Alice Green RD, LD
Topic: Understanding Fats

July 10, 2025

Presenter: Taylor Chitty RD, LD
Topic: The Connection between Gut Health, Nutrition and Mood

August 14, 2025

Presenter: Megan Whichello RD, LD
Topic: Choosing Nutrient Dense when Eating Less

September 11, 2025

Presenter: Allison Rantanen RD, LD
Topic: Finding and Counting Carbs

October 9, 2025

Presenter: Elizabeth Vander Laan RD, LD
Topic: Personal Responsibility

November 13, 2025

Presenter: Jeannie Paris RD, LD
Topic: Making Healthy Changes

December 11, 2025

Presenter: Angelia Marann RD, LD
Topic: Getting Family Members Involved in Healthy Habits

**Build your
knowledge, skill
and confidence to
manage your
weight long-term**

Allina Health Weight Management dietitians and staff offer monthly evening education classes on the 2nd Thursday of the month from 6:00 - 6:45 p.m.

Classes are offered through Microsoft Teams so you can participate from the comfort of your own home on your computer, laptop, tablet or phone.

Go to:

**AllinaHealth.org/
MWLclasses**

**for the access link to
join the meeting.**

*Presenters and topics are subject to change.