

# Evening Education Series 2024

## January 11, 2024

Presenter: Abbie Brekken RD, LD  
Topic: Eating Out

## February 8, 2024

Presenter: Taylor Omundson RD, LD  
Topic: Measure Progress

## March 14, 2024

Presenter: Evan Burrowes RD, LD  
Topic: Motivation to Move

## April 11, 2024

Presenter: Deborah Prelesnik RD, LD  
Topic: Behavior/Lifestyle Change

## May 9, 2024

Presenter: Megan Whichello RD, LD  
Topic: Journaling

## June 13, 2024

Presenter: Allison Rantanen RD, LD  
Topic: Time Restricted Eating/Intermittent Fasting

## July 11, 2024

Presenter: Liz Vander Laan RD, LD  
Topic: Improving Strength

## August 8, 2024

Presenter: Jeannie Paris RD, LD  
Topic: Managing Cues

## September 12, 2024

Presenter: Angelia Marann RD, LD  
Topic: Special Occasions

## October 10, 2024

Presenter: Lisa Thompson RD, LD  
Topic: Eating to Ease Stress

## November 14, 2024

Presenter: Alyssa Rosen RD, LD  
Topic: Communication/Problem Solving

## December 12, 2024

Presenter: Abbie Brekken RD, LD  
Topic: Time Management

**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.