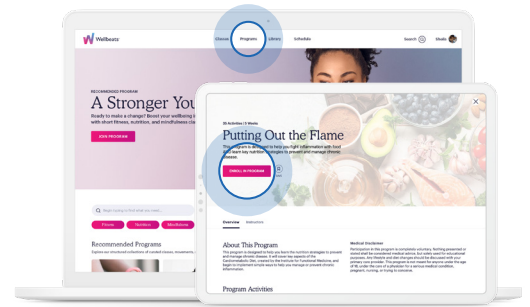


# Launch My Health Program Catalog

Empowering You to Own Your Health



Launch My Health is a series of educational programs focused on the impact of nutrition on physical health and mental wellbeing. Led by an experienced, credentialed team of healthcare, culinary, and nutrition experts, Launch My Health's classes are based on the belief that food is at the core of health and wellbeing. Evidence-supported classes provide step-by-step guidance on your journey to reach your health goals. Each program is led by a registered dietitian and includes recipes, meal plans, and helpful tools.



## Home Chef Pro (8 weeks)

Build confidence in the kitchen and take your skills to the next level. This beginner-friendly, approachable style to cooking features eight course topics, including knife skills, cooking methods, and how to prepare common convenience foods.

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## Kids in the Kitchen (2 weeks)

Get kids excited about cooking and trying new foods while learning basic kitchen skills and safety. This program includes fun, interactive "little chefs" cooking classes with kid-approved, healthy recipes that inspire creativity. Geared for kids ages 7-13.

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## Putting Out the Flame (5 weeks)

Did you know 80% of chronic diseases are lifestyle related? This program outlines lifestyle and nutrition interventions that promote weight loss and improve insulin resistance to help reduce chronic inflammation and related conditions.

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## Optimizing Women's Hormones (6 weeks)

Get a handle on hormonal changes that occur as the body ages with nutrition and lifestyle strategies that work. Course topics include hot flashes, weight gain, and emotional health.

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## Restore Gut Health (4 weeks)

Did you know over 70 million Americans live with a functional gut disorder? That's more than double the number with diabetes. This effective, science-based program helps heal the gut to optimize health and manage chronic health conditions.

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## Optimizing Brain Health (4 weeks)

Learn how to optimize cognitive function and reduce your risk of developing a variety of neurological conditions like Alzheimer's disease and Parkinson's. This program includes nutrition interventions focused on research-backed science.

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