|  |  |  |  |
| --- | --- | --- | --- |
| **Course** | **Online/Offline** | **Hours** | Days and Time |
| Dining Out in Houston |  |  |  |
|  |  |  |  |
| Emotional Eating |  |  |  |
|  |  |  |  |
| Figuring Out the Fats |  |  |  |
|  |  |  |  |
| Herbal & Dietary Supplements |  |  |  |
|  |  |  |  |
| How Long Is Your Food Chain? |  |  |  |
|  |  |  |  |
| More Fiber, Please! |  |  |  |
|  |  |  |  |
| More Than Meats the Eye |  |  |  |
|  |  |  |  |
| Playing Defense: Diabetes & Heart Disease |  |  |  |
|  |  |  |  |
| Portion Distortion |  |  |  |
|  |  |  |  |
| Sports Nutrition: Peak Your Performance at Any |  |  |  |
| Level |  |  |
|  |  |  |
| Surviving the Holidays ***New!*** |  |  |  |
|  |  |  |  |
| The Pressure is On |  |  |  |
|  |  |  |  |
| What Does Sleep Have to Do with It? |  |  |  |
|  |  |  |  |