

Nutrition 101 Class

Learn how to eat healthy!



You already do fitness classes--now's your chance

to take a class in Nutrition! Starting Monday, April

12th at 11:45am and again on Tuesday, April

13th at 6:30pm. Feel free to bring a snack as Jill

Gillis, Nutritionist, talks to you about healthy eating

and disease prevention. FREE!!!!!!

(Class will be offered Monthly)