



**"NUTRITION 101"
FOR HEALTHY LIVING**

BY

PAT BIRNESSER, RN

MONDAYS, 6:30pm-7:30pm

APRIL 23-MAY 21

Member \$25

Non-member \$50

Includes: 5 Instructional Sessions

Binder with Handouts

Healthy Eating/Proper Nutrition...

NOT A DIET!

Helps reach and maintain health goals

and enjoy life to the fullest!