



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**GOOD HEALTH
BETTER LIFE**



Nutrition Workshop

Enhancing Your Metabolism

Monday, January 29 • 7:00–8:30 p.m.

FEATURING:

- Body Composition Information
- Portion Control
- Learn about Macronutrients and their importance

Training Room 1 & 2 • 12 People Maximum

Registration Required • Free and open to community