



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**GOOD HEALTH
BETTER LIFE**



Nutrition Workshop

Enhancing Your Metabolism

Monday, March 26 • 6:00–7:30 p.m.

FEATURING:

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

Community Room 2 • 16 People Maximum

Registration Required • Free and open to community