



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEED TO SUCCEED

FREE Monthly Nutrition Education Series

Knowledge is power and we can help you to reach your fitness goals and be healthier with our monthly nutrition education series!

Learn about the basics of nutrition as well as hot topics in the news. Series will be held the second Tuesday of each month.



FEBRUARY TOPIC

Heart Health

Tuesday, February 14th @ 6:30pm
Community Room (upstairs)



MEMBERS: FREE, No Registration Required

GENERAL PUBLIC: \$5 (Please pay at Member Service Desk prior to class)

UPCOMING TOPICS:

Tuesday, March 14th
Fats: Friend or Foe?

Tuesday, April 11th
Protein and Exercise



WE'RE HERE FOR YOU!