

Nutrition & Fitness Workshops

Beginning on Monday, October 12th



Eating your way to optimal health and fitness...

- Gain knowledge and understanding of your nutritional needs
- Meal planning and snacking tips
- Find out what to eat to reach your health goals.
- Meet the professionals for Q&A

Time: 4:00-5:00pm

**Location: Wade King Student Rec Center
conference room #219**

Date: 10/12/09—11/30/09 (Meet every Monday)

Presented by, Jill Kelly, Registered Dietitian, and Ron Arnold, Certified Athletic Trainer and Fitness Coordinator