



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LEARN TO EAT HEALTHY

**HEALTH, WELL-BEING AND FITNESS
Nutritional Consultation**

Learn how to eat a balanced diet by following the food guide pyramid and the American Heart Association recommendations for a healthy diet.

Date: January 19th
Time: 5:30PM - 8:00PM (30 Min. Session)
Ages: 18+
Cost: \$30
Registration: Welcome Center

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