

# EATING FOR LONGEVITY

COMPLIMENTARY  
EDUCATIONAL  
SERIES

EXPERIENCE THE DIFFERENCE



BEVERLY ATHLETIC CLUB

## COMMUNITY WELCOME

THURSDAY AFTERNOONS AT 1:00 pm  
Main Studio (2nd Floor)

Thursday, February 1st - *Maintaining Muscle*

Thursday, March 7th - *Nutrition for Heart Health*

Thursday, April 4th - *Weight Management*

Thursday, May 2nd - *Preserving Bone Health*

Thursday, June 6th - *Healthy Eating Made Easy*

Thursday, July 18th - *Psychology of Food and Aging*



Email [ms@beverlyathletic.com](mailto:ms@beverlyathletic.com) to learn more about a **FREE** membership to Beverly Athletic Club.

**Renew Active**  
by UnitedHealthcare



**Darren Burke**  
Wellness & Fitness Director  
[dburke@beverlyathletic.com](mailto:dburke@beverlyathletic.com)

LIGHT REFRESHMENTS SERVED



LEARN MORE

[www.beverlyathletic.com](http://www.beverlyathletic.com)

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