



# Nutrition Education Series

We bring you “bite sized pieces of health education”  
that you can implement in your life right away!

Group sessions offered monthly featuring a new health topic.  
Members are encouraged to bring a friend (non-member) for free!



## Thursday, January 25th - Metabolic Health

*Learn how to improve your metabolism and overall health.*

## Thursday, February 22nd - Eating for a Heart Healthy Lifestyle

*Understanding basic nutrition - The American Heart Association's diet and lifestyle recommendations.*

## Thursday, March 21st - Immune Health

*Adequate nutrition is vital for a healthy immune system, join us to learn more!*

## Thursday, April 18th - Diet and Mood - How are they intertwined?

*Put simply, what you eat directly affects the structure and function of your brain and ultimately, your mood!*

## Thursday, May 23rd- Diet Myths and Nutrition Fake News

Let's debunk a few common myths so you can feel more confident about your food choices!

## Thursday, June 20th - Plant Based Eating - A healthier way to eat

A plant based diet is not vegetarian or vegan, but the emphasis should be on plants.

**Thursday Evenings at 6:30 pm**

**Beverly Athletic Club Program Studio**

**Light refreshments will be available during the workshop**

*For more information, please email [hc@beverlyathletic.com](mailto:hc@beverlyathletic.com)*



**#bacstrong**  
**YOUR** community Club



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