

EATING FOR LONGEVITY

COMPLIMENTARY
EDUCATIONAL
SERIES

EXPERIENCE THE DIFFERENCE

COMMUNITY WELCOME

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



Thursday, August 7th - Shop Local, Eat Local

Thursday, September 4th - Eat More Plants!



Thursday, October 2nd - Sleep, Stress & Cognitive Function

Thursday, November 6th - Healthy Holiday Eating Tips

Thursday, December 4th - Nutrition and Immunity

Thursday, January 8th - Functional Foods

Email ms@beverlyathletic.com to learn more about a **FREE** membership to Beverly Athletic Club.

Renew Active
by UnitedHealthcare



Darren Burke

Wellness & Fitness Director

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LIGHT REFRESHMENTS SERVED



www.beverlyathletic.com

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LEARN MORE