WELLNESS 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, AUGUST 21ST - NAVIGATING THE BBQ

Join us to learn how to make smart choices at your summer cookouts.



THURSDAY, SEPTEMBER 25TH - TO DETOX OR NOT TO DETOX?

Detox teas? Fruit and vegetable juice cleanse? Do they work and are they worth it?

THURSDAY, OCTOBER 23RD - SAVORING THE SEASON: EXPLORING FALL FOODS & RECIPES

Join us to talk about what foods are in season and how to get creative with your Fall recipes.

THURSDAY, NOVEMBER 20TH - HEALTHY HOLIDAY EATING TIPS

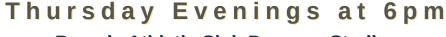
Come learn about tips and tricks to get through the holidays feeling healthy and strong.

THURSDAY, DECEMBER 18TH - HOLIDAY THEMED FOOD TRIVIA

What country first popularized the gingerbread house? Join us for a fun and informative talk about the history of holiday foods!

THURSDAY, JANUARY 22ND - SMALL NUTRITION SHIFTS FOR A BIG IMPACT

Explore small manageable changes you can make in your diet for improved health in the New Year





Beverly Athletic Club Program Studio
Light refreshments will be available during the workshops
For more information, please email hc@beverlyathletic.com





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