

# 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 22<sup>ND</sup> - SMALL NUTRITION SHIFTS FOR A BIG IMPACT

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

**Thursday Evenings at 6pm**

**Beverly Athletic Club Program Studio**

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

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



**#bacstrong**  
**YOUR community club**



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