

# 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 Evenings at 6:00pm

Main Studio (2nd Floor)

- Thursday, January 22nd - *Small Changes for a Big Impact*
- Thursday, February 26th - *Heart Health*
- Thursday, March 26th - *Food as Medicine*
- Thursday, April 23rd - *Gut and Brain Health*
- Thursday, May 21st - *Cognitive & “Beauty” Foods*
- Thursday, June 18th - *Shop Local, Eat Local*

# EATING FOR LONGEVITY

## Thursday Afternoons at 1:00pm

Main Studio (2nd Floor)

- Thursday, February 5th - *Mind - Body Nutrition*
- Thursday, March 5th - *Health in a Hurry*
- Thursday, April 9th - *The Rise of Calming Rituals*
- Thursday, May 7th - *Fibermaxxing*
- Thursday, June 4th - *Longevity & Demetia Prevention Diet*



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

COMPLIMENTARY COMMUNITY  
EDUCATIONAL SERIES



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