

# 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**



COMPLIMENTARY COMMUNITY  
EDUCATIONAL SERIES

#bacstrong  
YOUR community club



**DARREN BURKE**

Wellness & Fitness Director  
dburke@beverlyathletic.com

[www.beverlyathletic.com](http://www.beverlyathletic.com)

7 Reservoir Road, Beverly, MA 01915    978-927-0920