

The Power of Protein



With

Jo Ellen Walden

Certified Nutrition

MAY 27, 2015

6:30-7:30 pm

- How much protein do I personally need each day?
- What are the best ways to get protein in my diet?
- Are all proteins the same serving size or are they different?
- How do I get protein if I am a vegetarian?
- What does protein do for me?

CLASS FEE: \$25

CLASS NUMBER: 4602

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