

BACK TO YOU!

With
Jo Ellen Walden
Certified Nutrition Coach



- *Nutrition for refocusing on YOU!
- *Sugar and diabetes
- *Height vs. waist circumference
- *Endurance athletes and the risk for diabetes

Kids are back in school. Now it's back to YOU!

Saturday, Sept. 23rd

9:30-10:30 AM

\$15 Dist/ND

Class Number: 465

Register at the Front Desk or at trailsrecreationcenter.org