



Eating For Optimal Health

This **FREE** seminar will focus on an overall healthy lifestyle. You will learn about portion control, label reading, healthy food choices and ways to balance out eating, activity and behavior so that you will be able to eat for optimal health.

Speaker: **Laura Z. Morris, RD, LDN, CDE**
Registered and Licensed Dietitian/Nutritionist
Certified Diabetes Educator

Thursday, March 26th at 6:00pm
Or
Saturday, March 28th at 10:00am

Bonus: **\$25.00 off 8 week Nu-fit program for ALL Attendees**

To Register Contact: **Barbara Pagourgis, BS, CSCS**
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