



Upcoming Sessions

All are Welcome- Come Join Us!

October:

No sessions will be held during the month of October 2011

November:

November 30th Eating for Cancer Prevention 5:30 pm- 6:30 pm

December:

No sessions will be held during the month of December 2011

January:

January 25th Supplements Simplified with Pharmacist Steve Coulas 5:30 pm- 6:30 pm

February:

February 29th Probiotics 5:30 pm - 6:30 pm

March:

March 28th Label Reading 5:30 pm – 6:30 pm

April:

April 25th Healthy Eating for Weight Loss 5:30 pm - 6:30pm

May:

May 30th Omega 3's 5:30 pm – 6:30 pm