

Presenter: Jeanette Auer, MA/MS/PhD
Reg. Wellness Director, New Fitness Concepts

Nutrition-Abolishing the "Buffet" Mentality



Please join us
at this
educational
seminar!

March 21, 2011
SPCC Room 18-1
11:00 am to 12 pm

Cooking Demonstration By Chef Jorge

**Healthy Snacks & Educational
Literature**

Screenings Available:

•Total Cholesterol, Glucose, Body Fat

Enter raffle to
win a prize

