

Eating Healthy

C.V. Starr Community Center

Sigrid & Harry Spath Aquatic Facility



ARE YOU BEWILDERED AND CONFUSED BY ALL THE LATEST FAD DIETS AND MEDIA HYPE AROUND FOOD??? LOOKING FOR A SENSIBLE APPROACH?

This is a class for you and your family!

A fun and interactive class about what your family should eat, how to eat good food affordably, whether or not to buy organic, how to decipher confusing food labels, and how to eat healthy when you and your kids are always running out the door. We'll answer all your food questions. We will not give long and boring lectures about how to count calories and measure fat intake; just simple, fun solutions and straight-forward answers to real life questions about how to keep your family healthy and happy and well nourished!

Instructor: Kim Butler

September 2-October 14 Thursdays 5:30-6:30 pm

Fee: \$42 All Ages WELCOME



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