

Nutrition 101

Join us for a one hour informational lecture on the very basics of nutrition.



This is a class designed for those trying to lose weight, in the BCP, or who have an interest in learning about the food that fuels our bodies!

*2017 Schedule 11am-Noon

Paige Fieldhouse
Bldg 1110

| | | |
|-------|-------|-------|
| Jan 4 | May 3 | Sep 6 |
| Feb 1 | Jun 7 | Oct 4 |
| Mar 1 | Jul 5 | Nov 1 |
| Apr 5 | Aug 2 | Dec 6 |

For information, call the Health Promotion Office
(760) 763-3793