

Nutrition 101



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

This is a class designed designed to cover the basic principals of nutrition for those trying to lose, maintain, or gain weight!

*2018 Schedule 11am-Noon

Paige Fieldhouse
Bldg 1110

Jan 3	May 2	Sep 5
Feb 14	Jun 6	Oct 3
Mar 7	Jul 11	Nov 7
Apr 4	Aug 1	Dec 5

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