



NUTRITION 101

This is a one-hour class is designed to cover the basic principles of nutrition for weight management and fueling for performance.

Paige Field House
Bldg 1110 • 11am

53 Area SMP Rec Center
Bldg 53341 • 11am

Jan 20	May 19	Sep 22
Feb 17	Jun 16	Oct 13
Mar 10	Jul 7	Nov 17
Apr 21	Aug 18	Dec 15

For more info call: (760) 763-3793



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