

# Enhance Nutrition

Enhance Your Knowledge about Nutrition!

**Join us at 9:30 am one Tuesday a month to learn about all things nutrition in the Ironworks Conference Room across from the gym.**

## July 25 DASH Diet

Join us for a 45-minute nutrition clinic featuring information and handouts on the DASH Diet. Brande, our Certified Nutrition Coach, will share knowledge, tips, and ideas on incorporating the DASH Diet into your lifestyle.



## August 22 Label Reading

Join our Certified Nutrition Coach, Brande, as she breaks down the ins and outs of label reading. She will show how to read labels correctly, cover what each line really means for your health, and offer tips on how to make shopping decisions based off of what the label is telling you.



## September 26 Meal Prep

Join our Certified Nutrition Coach, Erin, for a tutorial on meal prepping. Learn how to save time, save money and stay healthy by planning and prepping for a full week of healthy nutritious meals!



**\$5 Fee for Members & Community**