



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NUTRITION CLASSES

LEARN HOW TO EAT YOUR WAY
INTO A BETTER LIFESTYLE

OCTOBER TOPIC: Stress Eating

WHEN:

OCTOBER 15TH AT 12:00PM

OCTOBER 18TH AT 5:30PM

WHERE:

Fayetteville Branch

Studio 1



Sign up at the front desk to reserve your spot!

For more information contact Jessica Frye!

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