

Nutrition Classes



**MID-CAROLINA
REGIONAL COUNCIL**

Creative Regional Solutions



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Sign UP Today

January 14th @ 10am

FOOD ADDICTION 911

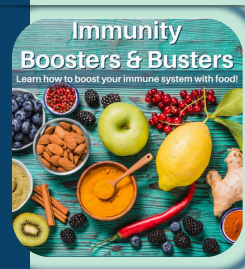
Do you wish you could go out to eat less, but are not sure how to plan meals for home? Are you looking to save money, while also eating healthier?



February 11th @ 10am

IMMUNE BOOSTERS & BUSTERS

Are you looking for ways to strengthen your immune system, at home, in your kitchen? . Hear the latest research behind immunity and what you can do, easily, to protect yourself and your loved ones.



March 18th @ 10am

REVAMP YOUR KITCHEN: HEALTHY MEAL PREPS

Are you struggling with cravings? Do you find yourself eating foods that you know aren't good for you, but you can't seem to stop? Learn to identify the root cause of cravings and overcome them



NUTRITION INSTRUCTOR