

Nutrition Classes with April

TABLE TALK - LUNCH AT EACH SESSION



COOKING4FITNESS

Aug 26th 2026 -Fall Into Shape

At any age getting started can be a Challenge. Let's talk about the basic to knowing where start.

Sept 9 ,2026 -Where to start with Nutrition?

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Oct 14th ,2026- Cancer Fighting Foods

Never dread the question of "What's for dinner?" again! Are you looking to save money, while also eating healthier?

Nov 11, 2026 - Diabetes & Men's Health foods

Men's health starts in the kitchen. This class helps participants understand how everyday food choices can reduce the risk of diabetes.

Dec 9th , 2026 - Holiday Health

Foods for the holidays , let's talk bout it

Jan 20 2027 - Rest our health and fitness

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?

MID CAROLINA - 10:30 am - 1130am