



EAT RIGHT FOR LIFE®

PREVEA
health

WESTERN
RACQUET & FITNESS CLUB

Get your eating on track with *Eat Right for Life*®

Do you want to learn how to not only eat healthfully, but also be empowered to actively control your health? Or are you simply looking for new inspiration and education on your existing wellness journey? Then *Eat Right for Life* may be for you!

This 6-week, interactive program taught by Deb Guenterberg, MS, RDN, CD, Prevea dietitian, presents complex nutritional concepts in an easy-to-understand format. You'll learn simple solutions to creating a healthier, happier you including creating a life plan for eating.

The program is based on the book *Eat Right for Life; Your Common Sense Guide to Eating Right and Living Well*, a copy of which is included in the program. You'll be encouraged to read the book, ask questions, try new things and acquire newfound knowledge, understanding and habits.

SERIES OF CLASSES

Classes are set for Thursday evenings:

- March 22nd
- March 29th
- April 5th
- April 19th
- April 26th
- May 3rd

Classes will be in the Lulloff conference room at Western Racquet & Fitness Club on Thursday evenings from 5:30pm - 6:00pm. May 3rd class will be an interactive cooking demo held in the Lulloff Room from 5:30-6:30pm.

*No class will be held on April 12th

\$65/Western member
\$80/non-member
\$120/partners
FREE for Prevea employees

To sign up, e-mail or call Deb Guenterberg at deb.guenterberg@prevea.com or 272-1181.

