

Nutrition and Exercise for Wellness and Recovery (NEW-R)



Topics:

- I Can Make a Change!
- The ABC's of Healthier Eating
- Reading Food Labels & Portion Control
- Let's get Moving!
- Eating Out
- Meal Planning and Thrifty Shopping
- Let's Get Cooking without All the Fat
- Celebrating Accomplishments and Keeping Up the Good Work

NOTE: Each session includes a fun period of physical activity.

Mondays – May 23, 2022-July 11, 2022
2pm-3:30pm

In-person at the
Linda A. Kurzawa Community Center
115 N. County Farm Rd.
Wheaton, IL 60187

Questions? Call 630-752-0066 or email Cindy at c.kaczmarczyk@namidupage.org.

Register by using
our QR Code

