



NUTRITION MONDAYS

June Theme: Rx for Good Summer Health!

- 6/2: Reset Your Gut: Personalized Plans for Better Digestive Health**
- 6/9: What to Know Before You Go to the Grocery Store**
- 6/16: Cart Goals: Shop Anti-Inflammatory Like a Pro!**
- 6/23: Kitchen Reset 1: Stock Up, Clean Up, Feel Good!**
- 6/30: Kitchen Reset 2: Update Your Tools!**



**Mondays at 6 pm
on Zoom**

**Click Here or
Scan the QR Code
to Register**

