Nutrition Classes
Held at EKU – Manchester Campus

6 Nutrition Classes
held every Tuesday and Thursday beginning on
September 10th - 5:30pm – 6:30pm

September 10th – Meal Planning
September 12th – Heart Disease
September 17th – Diabetes
September 19th – Basic Nutrition
September 24th – Obesity
September 26th – White Poisons (Salt, Sugar, Flour)

Topics Discussed Will Include
Meal Planning, Basic Nutrition,
Heart Disease, and Diabetes

For more information, or to
register for the class, contact
Jeremy Hacker at 606-598-1095.