



Get Your Nutrition Plan “Beach Ready”

Presented by

Leslie Goudarzi, MS, RD, LD
Wellness Dietitian

4-week
series

Tuesdays in April • 6 - 7 p.m.
Institute for Healthy Living Classrooms

\$ 10 per class or \$ 20 to attend all four!

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..... **Topics Include**

Determining Basal Metabolic Rate • Role of Nutrition in Weight Loss
Weight Management Strategies • Making Lifestyle Changes



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