



Supplements 101

Do you feel overwhelmed when shopping in the vitamin/supplement aisles?

Join us for this educational class to learn supplement basics from our Certified Nutritionist.

- * What brands specialize in what?
- * What do the labels actually mean?
- * What forms of certain vitamins are worth taking?

Wed March 14th-10:30-11:30am #4721

OR

Wed March 21st- 6:30-7:30 pm #4722



Please register online at trailsrecreationcenter.org or at The Trails Front Desk.

