

Healthy Holiday Habits

*Don't let all your hard work
crumble over the holidays.*

Stay ahead of the holiday gain and set some goals while learning valuable nutrition & fitness tips. Enjoy the holiday season without them 'weighing you down'.

You will meet 3 times over the holiday season with Melissa Grow who has a Master's Degree in Exercise & Wellness and is one our wonderful fitness instructors.

We will talk about intuitive eating, healthy lifestyle goals, exercise goals, tips for eating healthy during the holidays and more.

6:00-7:00 pm

Mondays

Nov. 14th, Dec 12th, & Jan 9th

\$28-35

(Registration is required)



trailsrecreationcenter.org

The
Trails
Recreation Center

Arapahoe
Park & Recreation
District