

Upcoming Nutrition Workshop Series

Dear Fitness Center Members,

We are excited to announce our upcoming Nutrition Workshop Series designed to enhance your fitness journey! Join us for a series of informative sessions that will help you achieve your wellness goals.

Workshop Schedule:

- **Workshop 1:** Healthy Eating Habits
Date: January 15, 2024
Time: 6:00 PM - 7:30 PM
- **Workshop 2:** Meal Prep Essentials
Date: January 22, 2024
Time: 6:00 PM - 7:30 PM
- **Workshop 3:** Understanding Nutrition Labels
Date: January 29, 2024
Time: 6:00 PM - 7:30 PM

Each workshop will cover various aspects of nutrition and will be led by our certified nutritionist. Snacks and materials will be provided. Don't miss this opportunity to learn and improve your dietary habits!

Please RSVP by January 10, 2024, to secure your spot. We look forward to seeing you there!

Best regards,
The Fitness Center Team