

Group Nutrition Counseling Session Availability

Dear Participants,

We are excited to announce the upcoming group nutrition counseling sessions available for all interested individuals. Below are the details for the sessions:

Session Schedule:

- **Date:** Every Thursday
- **Time:** 6:00 PM - 7:30 PM
- **Location:** Community Wellness Center, Room 101

Topics Covered:

1. Understanding Nutritional Labels
2. Meal Planning and Preparation
3. Healthy Eating on a Budget
4. Special Diets and Nutritional Needs

Please RSVP by replying to this email by **October 10th** to secure your spot.

We look forward to seeing you there!

Best Regards,

The Nutrition Counseling Team