

# Nutrition 101

**Free!**



- Jan 6th
- Feb 3rd
- Mar 3rd
- Apr 7th
- May 5th
- Jun 2nd
- Jul 7th
- Aug 4th
- Sep 1st
- Oct 6th
- Nov 3rd
- Dec 1st

**1100-1145**

Health Promotion Classroom  
Paige Fieldhouse, BLDG 1110

**For more information:**

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**mccs.org**

Nutrition 101 is a 1 hour class offered the **first Wednesday of every month.** This is a great class if you need to lose weight, you're on the BCP program or just want to learn how to eat healthy. Limited seating, so arrive early.

