



Two interactive lectures led by registered dietitian, Amy Rice, to be held at REV Fitness, Middlebury:

Menu for Menopause and Beyond:



Diet strategies for the dynamic years of menopause and post-menopause.

Monday, November 2nd, 6PM

Mindful Eating:



Using food as fuel and developing a healthy relationship with food.

Monday, November 16th, 6PM

Amy Rice, MS, RD, is a registered dietitian counseling clients in all matters regarding food and diet.

Location: REV Fitness for Women, Middlebury.

Must register by October 28th. \$10. fee includes both classes.

To register call Michele at REV Fitness, 989-0096.