

Metabolism for Weight Loss

Learn how nutrition can affect your body for weight loss.



When: Wednesday Nights 7-8pm
starting 1/22/2020 - 2/26/2020

Where: Garnett Recreation Center

Cost: \$24/session \$5/drop in

How?

Register Online through RecDesk
In person Garnett Recreation Center

Contact:

Sami Jo Peine

At the recreation center, or
sjpeine11.7.15@gmail.com

