



**GLENDALE
SPORTS CENTER**
AT INFINITY PARK®

Nutrition Seminar

Wednesday Feb 13th @ 10:30am

Where to Start to Love Your Heart

Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with 3 simple dietary strategies and three supplements that will pump up your heart health.

Wednesday March 13th @ 10:30am

Cravings & Weight Gain: The Blood Sugar Rollercoaster

Achieving your healthiest weight is not about dieting or even pure willpower, but rather understanding how certain foods affect blood sugar levels and appetite. Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control

Wednesday April 10th @ 10:30am

Omegas Oh My!

Ever wonder what makes Omega-3s so essential to our quality of life? These unique fats found in fish are vital to optimal health and play a key role in brain, heart, weight and joint health.

Fortunately, you can begin to live with vitality again at any age, by adding these important fats into your daily routine. We'll discuss specific foods and supplements to help you live your best life yet!

Wednesday May 8th @ 10:30am

The Truth About Labels: Getting What You Paid For

Food has changed more in the last 100 years than the last 10,000, especially animal products. Natural, Free Range, Grass-Fed – what do these labels really mean and which is best? We'll help you understand the rules and loopholes so you can shop with confidence and find the products you're actually looking for.

