



**GLENDALE
SPORTS CENTER**
AT INFINITY PARK®

Nutrition Seminar

Wednesday June 12th @ 10:45am

Immune Support 101: Nutrition and Immune Function

Most people know vitamin C is important for the immune system, but why? And what about the other vitamins? Just like the rest of our body, the immune system requires optimal nutrition to work at its best. Keeping your immune system fed with the right stuff will ensure that your body is ready to handle whatever comes its way during the winter months.

Wednesday July 10th @ 10:45am

Protect Your Skin from the Inside Out: Why Sunscreen is Not Enough

Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It's never too late. You can have it all: fun in the sun and healthy skin! All it takes is good food, a bit of nutrition savvy, a cloudless day and away you go.

Wednesday August 14th @ 10:45am

Young at Heart: Healthy Aging with CoQ10

Not only do *you* feel tired, your cells are tired too! Not enough energy in your cells leads to poor health throughout your body. Fortunately, there is CoQ10. Join us to learn the many, many health benefits of CoQ10!

Wednesday September 11th @ 10:45am

Make your Next Plate Great: The Ins and Outs of Healthy Meal Building

We've got a challenge for you. Starting today, can you make your next plate great—meaning healthy, delicious, easy and affordable? Sounds like a piece of organic gluten-free cake, right? But when the dog won't even touch those crumbs, maybe it's time for a meal intervention. Come learn the basics of healthy meal building, from protein to fiber and everything in between.

