

New Year, New You

Make it Happen with Food & Fitness!



Wednesday, January 30, 2019
6 - 7:30 p.m.

Belleville Health & Sports Center
1001 South 74th Street
Belleville, IL 62223

- **Join personal trainer and dietitian for tips and Q&A**
- **What foods are best to eat for over-all health**
- **How to exercise and get results**
- **Includes two week trial membership**

Presented by:
Micki Classen,
Manager – Belleville Health & Sports Center
Certified Personal Trainer, Group Exercise and Reformer Pilates
Instructor AND
Pam Nicholson, RD, LDN
Outpatient Nutrition Services at Memorial Hospital Belleville

This program is free of charge.

For more information or to register:

Call (833) 607-3627 or visit: www.mymemorialnetwork.com/events




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