

# Stop Dieting!

## Nutrition Seminar



**LEARN TO EAT HEALTHIER**

**LOSE WEIGHT THE HEALTHY WAY**

**HAVE MORE ENERGY**

**IMPROVE SELF-ESTEEM**

**IMPROVE YOUR FAMILY'S HEALTH**

**Saturday February 4th**

**@ 11:15 after Zumba!**

Instructor: Kimberly Bither, M.S.  
Nutritionist & Fitness Specialist  
[www.KimberlyFitness.com](http://www.KimberlyFitness.com)

### **Topics covered:**

- Meal Planning
- Shopping Tips
- Cooking ideas and recipes!
- Starting a plan!

*Cost: \$10 per person*  
**Pre-Registration Required**