

COOPER NUTRITION EXPO



Make it your goal to bite into nine servings of fruits and vegetables each day.

Monday, March 2 | 8 a.m.-3 p.m.

Cooper Fitness Center | 12100 Preston Road | Dallas 75230

FREE & OPEN TO THE PUBLIC

- Tips & advice from our expert Registered Dietitian Nutritionists
- Specialty booths on weight loss, diabetes & gluten-free
- Samples & recipes from 30-plus vendors
- Chair massages from Cooper Spa
- Body fat measurement & blood pressure checks
- Raffle prizes & games

- 9 a.m. Cooking Demo
- 11 a.m. Cooking Demo
- 11:45 a.m. Meet 'n Greet:
Drs. Kenneth & Tyler Cooper
- 12:30 p.m. Cooking Demo
- 1:30 p.m. Documentary on stress
management & your health

For more information: **972.560.2655**
cooperclinicnutrition.com



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