



New Year,  
New You



10 to WIN



Meal Prep  
Lecture



Smoothie  
Bar



## LECTURE

### HEALTHY MEAL PREPPING IN THE NEW YEAR

*Fitness Director, Mary Edwards, MS*

*Wellness Coordinator, Taylor Sutton, MS, RDN, LD*

Learn how to meal prep and navigate the grocery store to make healthier choices and achieve your nutrition goals.

**Wednesday, Jan. 10 | Noon-1 p.m. | CFC Conference Room**

## EVENTS

### 10 TO WIN

Attend 10 cardio group exercise classes and win a prize. Pick up your tracking card at the Service Desk.

**Monday, Jan. 1-Wednesday, Jan. 31**

### SMOOTHIE BAR

Before or after your workout, stop by the Cooper Quest table to try a sample of a Cedars smoothie.

**Tuesday, Jan. 16 | 7-9 a.m. | CFC Lobby**



Register for events on the Cooper Quest web page, on the CFC Member App or at the Service Desk.