



Cooper Complete Vitamin Quiz



Quick Meals Cooking Demo



**BODY
COMPOSITION**



**BLOOD
WORK**

Cycle Class + Energy and Refueling Tips



Cooper Complete Vitamin Raffle



EVENTS

Vitamin Supplementation Quiz and Raffle

Test your knowledge about nutritional supplements and learn which vitamins and supplements are right for you. Answer the vitamin supplementation quiz for a chance to win a four-month supply of the Cooper Complete supplement of your choice (valued up to \$200). If you can't make the table, stop by The Coop to complete the quiz and be entered to win!

Monday, July 22, 8:30-11:30 a.m. & 4-5:30 p.m. | Lobby

Cycle Class + Energy and Refueling Tips

Meridan Zerner, MS, RDN, CSSD, LD, Group Exercise Instructor
Join us for a heart-pumping indoor cycling class followed by a 15-minute talk with tips for refueling and achieving optimal energy.

Wednesday, July 24, 11 a.m.-Noon | Cycle Studio

Quick Meals for Hot Days

Cindy Kleckner, RDN, LD, FAND

Whether it's small bites, a light meal or dessert, enjoy flavorful recipes packed with all the right nutrients without spending a lot of time in the kitchen. Tap into fresh produce from the local market to enjoy: Rainbow Asian Slaw with Grilled Salmon, Mason Jar Chopped Cobb Salad, Shrimp Tostadas and S'mores Shake Shots (non-alcoholic).

Friday, July 26, 6-8 p.m. | Cedars Woodfire Grill

SAVE THE DATE

**Next Cooper Quest Week, August 12-16
Body Composition and Blood Work**



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