

# 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

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

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



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