



Living a healthy lifestyle is more sustainable, effective and enjoyable than living on diets. Come out to learn about the fundamentals of whole foods nutrition, how to properly fuel your body and how integrating simple, healthy, habits into your life can give you lasting results.

Saturday, February 24, @ 10am

Steven A Cohen Military Family Clinic at Easter Seals
1420 Spring Street, Silver Spring, MD 20910



The Steven A. Cohen Military Family Clinic at Easterseals

RSVP to Brenda Campbell, Outreach Manager at bcampbell@eseal.org
Free parking is available in the building. Use the Second Avenue entrance.