

First Responders Foundation



NUTRITION CLASS

Some of the leading causes of death can be prevented with a healthy diet. This class will teach proper eating habits, what happens to your body when you eat different foods, and food safety. Learn how to eat for your body to function at its best!

October 17, 2020 from 10:00-11:00AM

Facilitated by the First Responders Foundation Physical Health Team. For more information contact adam@firstrespondersfoundation.org or call 402-788-1574. Available in person or via Zoom. To register email contact@firstrespondersfoundation.org or call Diann 402-218-1234 Option 1 then #3.

