



Monday
April 21st
12:00pm

City-County Building
Rm. 426 • Helena, MT

Fueling the Active Body

Think the key to losing weight and getting fit is
increased exercise and decreased calorie intake?
Think again!

Come unlock the secret to finding your best health
through active nutrition and never go hungry again!

How to register:

To register, please contact Morgan Maynard-Dixon
at mmaynard-dixon@helenamt.gov or call 406-447-8333.

Care Here!



Nutrition

Nutrition