

THE CITY OF GREENVILLE & GUC WELLNESS PROGRAM PRESENTS

LUNCH AND LEARN WORKSHOP SERIES

Proper Nutrition

Sign up for one or all four workshops. Attend 3 or more workshops to receive a special Wellness gift! Lunch will be provided by the Wellness Program. Registration is limited to the first 30 full-time or designated part-time City of Greenville or Greenville Utilities Commission employees.

September 11	Diets: Which one is right for you?
September 18	Healthy alternative ingredients
September 25	Nutrition: How it affects overall health
October 2	Portion size: How much is too much?

**12:15 PM–1:15 PM • Jaycee Park Auditorium
2000 Cedar Lane • Greenville, NC**

For more information or to register, please call Brett Roddy at (252) 329-4569 or email broddy@greenvillenc.gov.