

NUTRITION SEMINAR

Truth About Diet & Nutrition

Join us to Learn how to achieve a healthy lifestyle through proper nutrition! Science-Backed nutrition information on mastering macros & smart eating, portion control, energy balance, and sustainable meal planning.

SEMINAR TOPICS:

- The basics of a balanced diet
- Myths vs. Facts about dieting
- How to maintain a sustainable healthy lifestyle
- Practical meal planning tips
- Submit nutrition questions to dylanjm1985@gmail.com prior to September 10th to have them answered at the seminar.



Jessica Mirsky

Personal Trainer/Nutrition Coach

SEPTEMBER 18 2025

6:30PM - 7:30PM

| 501 MAIN ST SULTAN WA

\$10.00 PER PERSON

WWW.JBFITNESS.NET