

# NUTRITION CLASSES

Join us if you are interested in...

- Learning to cook and eat healthier meals
- Losing weight
- Making healthier choices to reduce your risk for type2 diabetes

MONDAYS~~ 6:30- 8:00 pm  
January 28, 2019- (16 weeks)

Cost: \$25 (pay at the first class)

Sign up Online...

[www.LWBCindy.org](http://www.LWBCindy.org)

*Classes held at Otterbein UM Church  
5009 E. 21<sup>st</sup> Street, 46218*

Host Church: Living Word Church