

Combat the Christmas Calories!

Learn healthy options
for this season!

RSVP to Save your Spot

**Thursday
December 8th**

Osage Centre

@ 5:30– 6:15 pm



Join registered dietitian, Amanda Bruenderman and learn strategies to avoid gaining unwanted weight, as well as tips on building a healthy holiday menu!

Make this holiday the best one yet!

YOU ARE INVITED!! FREE Seminar!

Please RSVP #(573)339-6604 *or* cjaegers@cityofcape.org



Contact Christine, Fitness & Wellness Coordinator with any questions:

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