

TAHOE TEEN NUTRITION EDUCATIONAL SEMINAR

A 2 seminar class for teenage girls and a support person on how to navigate a healthy lifestyle through this pandemic. Our registered dietician and psychologist will visit topics like healthy eating, how to handle pressures of social media platforms, and how to deal with the dynamics of COVID. Learn to navigate healthy regimens for your mind and body to optimize a healthy body image and self-esteem.

Classes taught by:

JILL WHISLER, MS, RDN + DR. AMY VAIL, PSYCHOLOGIST

DATES:

5:30 pm - 7:15 pm

Monday Feb 1st + Monday Feb 8th

MEETING PLACE:

The Chateau

955 Fairway Blvd,
Incline Village

REGISTRATION:

Please RSVP

Space is limited to 25 teens + their support person. Temperature checks will take place before each class.

Masks required. RSVP or send questions to:

DEBRA@CORNERSTONECOMMUNITY.NET



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