



COMING SOON! NUTRITION CLASSES

Have you wanted to learn more about meal planning, food budgeting, healthy food substitutes, or creative ways to prepare healthy meals? Attend one of our upcoming hands-on nutrition education classes at Cardinal Zumba. These classes will be held in our kitchen and will feature food preparation techniques, tailored nutrition education, and free meals and food take homes to attendees!

There's no need to RSVP – just show up and take part!

THURS, JANUARY 18
AFTER ZUMBA
MEAL PLANNING &
PORTION SIZES

MON, JANUARY 29
BEFORE ZUMBA
SMART SWAPS

THURS, FEB 15
AFTER ZUMBA
FATS & CHOLESTEROL

MON, FEB 26
BEFORE ZUMBA
CREATING A HEALTHY
FOOD ENVIRONMENT



CARDINAL
ZUMBA®

