



Nutrition Workshops

1st Tuesday of each month

0930-1100, Bldg. 510

(Marine Division Training Center located on N Street)

Free

Open to all authorized patrons.*

Topics will include:

Healthy food choices

Lifestyle and behavioral modifications

Macronutrients

Nutrition traps, trends & fast food

Nutrition for exercise & health

Supplement use & abuse

No pre-registration required.

Space is limited; first come, first served.

910-451-0471 • mccslejeune.com/fitness

*ages 12 and up

