



NuFit: Free Monthly Seminar Virtually one Tuesday per month at 6 p.m.

This FREE monthly seminar provides information about the latest topics in nutrition and fitness from a registered dietitian and fitness expert. Each quarter will include three nutrition sessions and one fitness session. **Seminars are held virtually using your mobile device or computer.**

2024 NuFit Sessions:

January 23: Alcohol and Caffeine and How They Affect Your Health [Click to Register](#)

February 27: Heart Health [Click to Register](#)

March 26: Fitness After 50 [Click to Register](#)

April 23: Eating for Immune Health [Click to Register](#)

May 28: Blood Glucose Monitoring for Health and Weight Loss [Click to Register](#)

June 25: How Sleep and Stress are Affecting Your Weight Loss Efforts [Click to Register](#)

July 23: Group Exercise [Click to Register](#)

August 27: Nutrition for Arthritis [Click to Register](#)

September 24: Eating for Optimal Health [Click to Register](#)

October 22: Nutrition and Technology: How Apps can Help You Manage Your Health [Click to Register](#)

November 26: Creating Lasting Habits for a Healthy Lifestyle [Click to Register](#)

December 10: Mindful Movement [Click to Register](#)

Questions? Contact us at: WellnessRDs@ccf.org