



## 2025 NuFit Sessions:

**January 28:** GLP 1's from a Dietitian Perspective

**February 25:** Benefits of Walking and Other Low Impact Cardio

**March 25:** Strength Training for Beginners

**April 29:** Intermittent Fasting

**May 27:** Fitness Myth Busters

**June 24:** Plant Powered Protein

**July 29:** Aquatic Exercise

**August 26:** Mindful Eating Practices

**September 30:** Indulge Smart with Healthier Dessert Ideas

**October 28:** Mobility

**November 25:** The Health Benefits of Fiber

**December 9:** Exercise for a Healthy Brain

Exp. Date: 12.31.2025

## 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.

Presentations are held virtually online through your mobile device or computer.

Scan QR Code to register

Questions? email [WellnessRDs@ccf.org](mailto:WellnessRDs@ccf.org)

