

Coors Core Fitness and Aaron Dorfman MS, RD, LD

Present ~

The BIG Tips for Weight Loss



Led by Registered Dietitian Aaron Dorfman, this lecture will provide you with the nutrition education you need to jump start your weight management program.

Aaron will provide nutritional facts based on scientific evidence to support a leaner and healthier body. Along with this, he will review the foods that are the “must haves” in clean eating.

Bring your notebook and pencil ~ you’ll want to take notes as he discusses:

- o Tips for eating out
- o Ideas for grocery shopping
- o The importance of fiber in our diet

Date and Time: Monday, October 4th 7:15 – 8:15 PM

RSVP ~ (513) 233-CORE (2673) or jody@coorscorefitness.com

Cost: \$10 (at door)

**Location: Coors Core Fitness Studio
Festival Market of Anderson ~ 7693 Beechmont Avenue
Cincinnati, OH 45255**

