

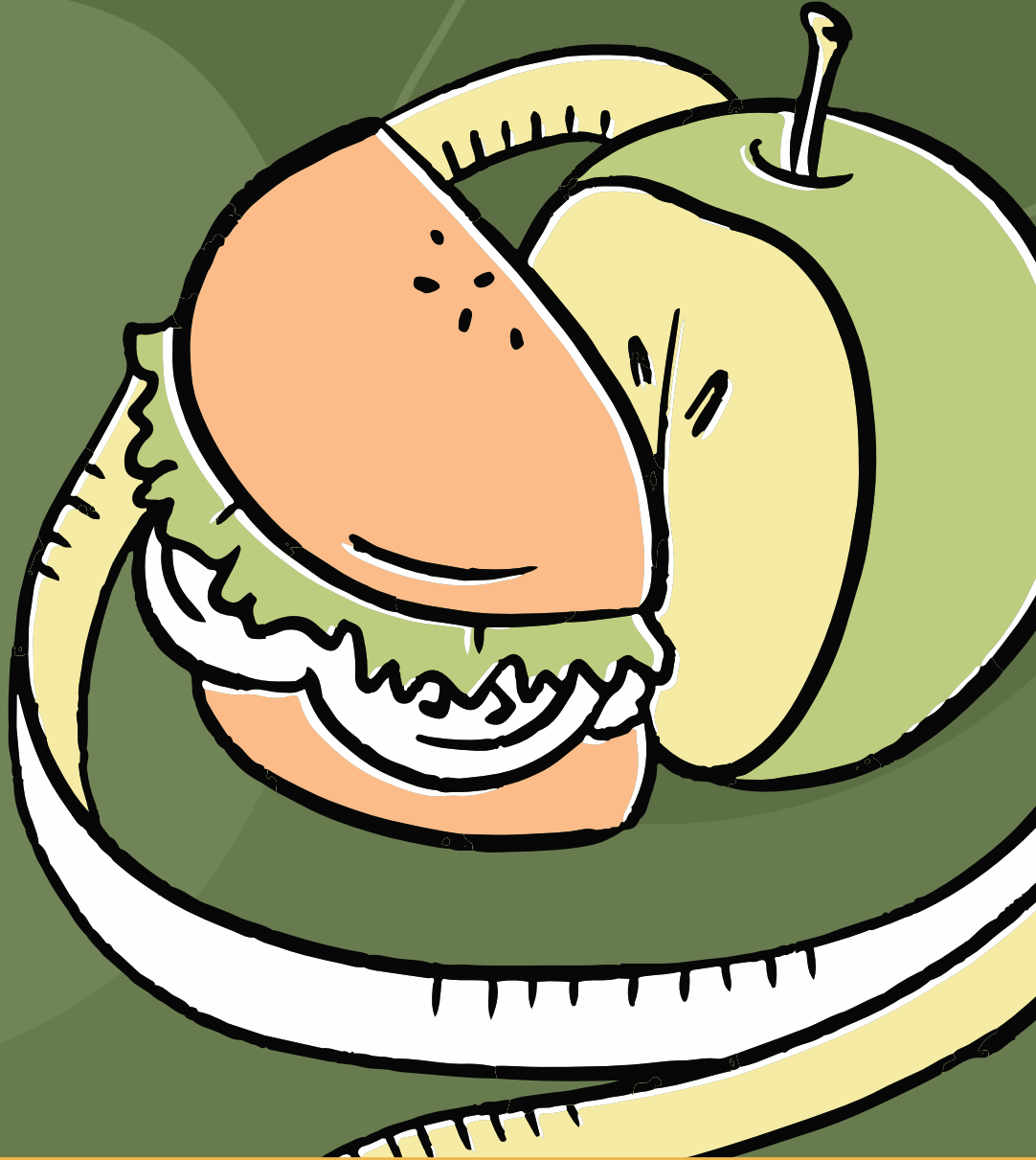
# Mission Nutrition:

## Smart Choices on the Go

February 13

1:00-2:00pm

📍 Airdales



- Analyzing Nutrition Labels
- Identifying Healthier Alternatives
- Eating Intuitively



REGISTER TODAY!  
Fitness Center

850-623-7412