

Nutrition month



Fuel your growth with healthy choices this March



Level 1 4.5 ★
Healthy Late Night Snacking

EDUCATIONAL NUTRITION

Instructor
Melissa Beatty



Level 1 4.5 ★
**Emotional & Stress Eating:
understanding the problem**

EDUCATIONAL
STRESS MANAGEMENT
MENTAL HEALTH NUTRITION

Instructor
Tina Fritsch



Level 1 4.5 ★
**10 Easy Ways to Boost Your
Metabolism**

NUTRITION

Instructor
Jonathan McLernon

Plus discover 60+ health & wellness categories

Physical Mental Financial wellness



Yoga



Fit Over 50



Arthritis



Adaptive
Workouts



Diabetes



Mindfulness



Nutrition



Seniors



Sleep



Scan the code for healthy habit class recommendations on Burnalong!

