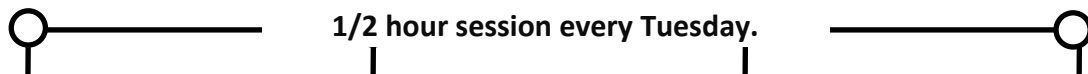




# Kick off the new year right!

# Nutrition Seminar

Join us at Joe Dugger Fitness Center for a four part nutrition seminar.



**January 15**  
**12:00-12:30 pm**

**Diet Quality:**

*Choose the right foods to reduce risk of disease and feel better each day.*

**January 22**  
**12:00-12:30 pm**

**Diet Quantity:**

*Align your diet to your body composition goals, whether to slim down , bulk up or maintain what you've already worked for.*

**January 29**  
**12:00-12:30 pm**

**Performance Nutrition:**

*Eat to perform at your peak in your preferred sport, recover optimally, and make consistent progress.*

**February 5**  
**12:00-12:30 pm**

**Take Action:**

*Implement diet strategies, Q&A on all things nutrition.*

**All sessions will be lead by our resident Sports Dietitian, LT Mellendick, who will be here to help you eat right to reach your goals.**

[www.facebook.com/groups/FitnessandSportsMidSouth](http://www.facebook.com/groups/FitnessandSportsMidSouth)



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