



Nutrition Workshop Series

Members \$10

Non-Members \$15

**cost is per workshop*

1. **How to go Paleo?** -- **Wednesday September 14th 7:30 - 8:30pm**
2. **How to Lean Out and "Look Better Naked"** -- **Tuesday October 11th, 7:30 - 8:30pm**
3. **The Supplement Mystery** -- **Monday November 14th, 7:30 - 8:30pm**
4. **How to Get Big (e.g. gain muscle)** -- **Monday December 12th 7:30 - 8:30pm**

More about what will be included in the workshop, if you have any additional questions then please reach out to Laura, laurapappashealth@gmail.com.

1. **How to go Paleo?** You've decided to give Paleo a try, learn how to set yourself up for success, how to ease into a Paleo lifestyle, tips and tricks for eating out, ideas of Paleo treats, and how to incorporate Paleo into your life. -- **Wednesday September 14th 7:30 - 8:30pm**
2. **How to Lean Out and "Look Better Naked"** It's ok to be a little vain, this workshop will help you learn what to focus on to help you become a leaner version of yourself, to help you jump start weight loss, and tips to help lose those some of that stubborn extra fat that you're holding onto -- **Tuesday October 11th, 7:30 - 8:30pm**
3. **The Supplement Mystery** Learn what supplements you should consider taking a Crossfitter, What supplements are beneficial to everyone, How and why to use things like whey protein, and get some of your supplement Questions Answered. If you have something specific (especially if it's obscure) please submit questions to Laura in advance -- **Monday November 14th, 7:30 - 8:30pm**
4. **How to Get Big (e.g. gain muscle)** This session isn't just for men, learn what you can do with both your diet and your training to encourage an increase in muscle mass, guidance on what to eat and when to promote maximum muscle growth, and what you may be doing that's preventing you from gaining muscle -- **Monday December 12th 7:30 - 8:30pm**