DROP IT LIKE IT’S HOTT

THE HEALTHY “WEIGH” A SHS HEALTH PROMOTION PROGRAM

Led By: Tracy Conder (Registered Dietitian, CSSD)

6/3 GETTING STARTED
Goals, Motivation, & Keys to Success

6/10 NUTRITION 101
Learning the basics of good nutrition

6/17 THE ART OF PREPARATION
Food Labels, Grocery Shopping & Fast Food

6/28 SNACK ATTACK
Healthy Snacks, Portions & Beverages

NORTH WEBB: SUFFOLK RM.
2:00–3:00PM

Last year “Drop It Like It’s Hott” participants collectively lost over 250 pounds!! We are planning to surpass that goal this year!! A healthy lifestyle is in sight—you can do it! If you would like to register for the program, click below to get started!

FMI: email tconder@odu.edu

sign up here: https://odu.co1.qualtrics.com/SE/?SID=SV_5nFjaRZUlzRn0Ff