

Meal Prep CLASS

Wednesday, Feb. 20, 2019

12 p.m. | SCTC East Building, Room 6

- Tutorial on meal prepping with Jayme Green from Nimkee Fitness
- Participants will receive free meal prep containers
- A meal will be provided



Nimkee **Fitness**

For more information, please contact:

Carrie Carabell at Cacarabell@sagchip.org or 989.317.4861

