SOUTHERN UNIVERSITY AG CENTER

SISTER'S TOGETHER: MOVE MORE, EAT BETTER IS A SIX (6) MONTH NUTRITION AND PHYSICAL FITNESS PROGRAM DESIGNED TO ASSIST AFRICAN - AMERICAN WOMEN IN THEIR JOURNEY TO LIVE THEIR BEST MOST HEALTHY LIFE

MOVE MORE, EAT BETTER

SISTER'S TOGETHER

LOCATION: 520 SPAIN STREET BATON ROUGE, LA 70802 TIME : 5:30PM - 7:30PM

TOPICS AND SESSION DATES

WOMEN ON A MISSION KICK - OFF SESSION WITH FITNESS INSTRUCTOR AUGUST 18, 2021 SEPTEMBER 15, 2021 CHEF DEMONSTRATION

BEHAVIOR CHANGE: MAKING IT HAPPEN SEPTEMBER 29, 2021 FITNESS INSTRUCTOR OCTOBER 13, 2021 CHEF DEMONSTRATION

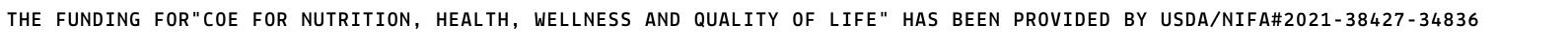
WALKING INTO A HEALTHY WEIGHT OCTOBER 27, 2021 FITNESS INSTRUCTOR NOVEMBER 10, 2021 CHEF DEMONSTRATION

MEALS TO MENUS NOVEMBER 17, 2021 FITNESS INSTRUCTOR DECEMBER 1, 2021 CHEF INSTRUCTOR

FAD DIETS DECEMBER 8, 2021 FITNESS INSTRUCTOR

ON MY WAY! JANUARY 12, 2022 CHEF DEMONSTRATION FEBURARY 9, 2022 CHECK - IN MEETING

FOR MORE INFORMATION OR TO SIGN UP FOR THE PROGRAM, PLEASE CONTACT KIYANA KELLY OF THE SOUTHERN UNIVERSITY AG CENTER AT KIYANA KELLY@SUAGCENTER.COM









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