

Thera CORE

Physical Therapy

Nutrition Challenge

2017

This 8 week nutrition challenge is provided
by our registered dietician
Casey Harms, RD, LDN

Topics will include:

Fat

Protein

Carbohydrates

Label Reading

Mindful Eating

Decreasing added sugar

Eating healthy while eating out

Calorie budgeting, smart snacking and goal setting

Cost is \$150 for 8 weeks from January 12th – March 2nd

Thursdays 7pm-8pm

TheraCORE

350 E. Ogden Ave., Ste. 200

Westmont, IL 60559

(630) 908-7430



(WEIGHT, MEASUREMENTS, AND BMI % WILL BE CALCULATED WEEKLY)