



Fitness Challenge

Nutrition Seminar

Join IAC's Director of Wellness & Education, Cathy Adolph, RD, CPT, H/FI, for this informative and motivating discussion about the importance of combining healthy eating with proper exercise to maximize weight loss. Topics discussed will include the best foods to eat and when to eat them; an overview of metabolism; and common mistakes and pitfalls.

Seminar Locations:

Silverstone Club—Saturday, Feb 4—10am; Monday, Feb 6th—6:30p

Meridian Club—Tuesday, Feb 7th—6:30pm

Black Eagle Club—Wednesday, Feb 8th—6pm

State Street Club—Friday, Feb 10th—3pm

Eagle Club—Monday, Feb 13th—6pm; Saturday, Feb 11th—10am

Caldwell Club—Wednesday, Feb 15th—5pm

Nampa Club—Saturday, Feb 18th—Noon

 **Athletic Club**