

WELLNESS TOPICS (161)

Thursdays, 10:30 – 12:00, Room 30 (6 Classes 10/20 to 11/17) **Tuition \$35 Walk-in \$10 Pay prior to the class in the Center 4Life Learning office.**

Weekly wellness topics will include:

- Eating healthy on a budget
- Popular diets: pros & cons
- Aging with grace and vitality
- Plant-based eating
- Cognitive health and wellness through diet and lifestyle
- Discover holistic strategies for optimal health

Shirley Sullivan is a nutritionist and holistic health educator; founder of Southshore Wellness. Southshore Wellness offers a wide range of in-person, summer camps, and virtual services. Services include individual health coaching, meal planning, FIT Testing (food, skin, environmental intolerances), LightWave Patch Therapy, and youth wellness yoga.