

## WELLNESS TOPICS (161)

Wednesday, 10:30 – 12:00, Room 30 (6 Classes 2/15 - 3/22)

**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
- Boost Your Immunity Naturally
- 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 virtual and mobile services. Services include: Meal Planning, FIT Testing (food, skin, environmental intolerances), LightWave Patch Therapy, and Youth Wellness Programs/Yoga.