

WELLNESS TOPICS (161)

Wednesday, 9:00 – 10:30 (6 Classes 10/11 thru 11/15) in Room 30

Tuition \$45

Walk-in \$12 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.