

Nutrition Information Class Series Starting

The GFPS Employee Wellness Team is planning several nutrition information classes for the coming months. The first one will be the Whole30 way of eating. Watch Newsbits and Wellness Wednesday for details on future topics and classes.

Whole30 Class

Are you interested in learning about the Whole30 way of eating? Then this is the class for you. The idea is to eat real food for 30 days and focus on making good food choices. No weighing, measuring or counting calories. Your only job? Eat. Good. Food. This one time class is designed to get you started and give you tips for success. Check out the website: <http://whole30.com/> for additional information.

Class details:

- February 1, 2018
- PGEC Room 120 (2400 Central Ave)
- 4:30-5:30 pm
- Class Speaker: Genii Winter
- RSVP to: Jody_murray@gfps.k12.mt.us or call 268-6770