

Be FIT with Brenner

Free Classes at Surry County Health & Nutrition Center Dobson, NC



Secrets to Fueling Your Family Tuesday , July 23 at 5:30 pm

Join your local registered dietitian to learn the basics of what and when to eat throughout the day to keep you and your family satisfied.

Secrets to Planning Meals Tuesday , August 13 at 5:30 pm

Tired of not having an answer when your family asks “What’s for dinner?” Join your local registered dietitian’s, trained by Brenner FIT, to learn the in’s and out’s of meal planning and walk away with a personalized meal plan that you will create for your family.



To find out location and to register, call 336-401-8419

To learn more about Brenner FIT, visit BrennerChildrens.org/BrennerFIT

