

# All About Fat

## What You'll Learn:

- What is it? What does it do? What kinds?
- How much do we need?
- Which is the good kind and the bad kind?
- Best sources?
- And more!

With  
Nicole M.

### Session Details:

Thursday October 9th

3:00-4:00PM

YMCA Conference Room

FREE (Registration required)

Scan below!

