

# *Extreme* MAKEOVER

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## LIFESTYLE EDITION NUTRITION SERIES



**4 Week Series - Every Tuesday - 6:00PM**

*Feb. 9 - Know Your Numbers*

*Feb. 16 - Shopping Healthy*

*Feb. 23 - Eating Healthy While Eating Out*

*Mar. 2 - Benefits of a Live Food Diet*

**Tougaloo College**

**Health & Wellness Center Rm. 212**

**500 W. County Line Road | Tougaloo, MS 39174**

**For More Information Call 601-977-7797**

Presented By:

Tougaloo College Owens Health & Wellness Center  
COHA, Inc. | Brookshires | Mississippi Alzheimer's Association  
Jackson Nutrition Clinic | Liquid Light Cafe & Chef Larry Love