Achieve and maintain your goal weight, energy, and fitness. You can learn how to enjoy food and manage your weight during the holidays!

Join Jenifer Swartzentruber, M.S., bilingual Registered Dietician & C.D.E., for the following workshops:

- November 16th
- December 14th
- January 11th

Santa Rosa Formal Lounge 12:05pm — 12:50pm.

Jenifer will be available from 12:50pm - 1:00pm to answer your questions!

Program ends the week of January 11th.

Complete the 8 week challenge and be eligible to win a bike!

Can’t make it? Just email Leslie at lesliecramirez@ucsb.edu and you’ll receive weekly tips that will help keep you on track or call x2870!

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