

# Perris Union High School District Parent University

## NUTRITION CLASS



Semester 2  
January - May 2019

**Instructor: Wendy McPhail**  
**CNC, FDN, WAPF Chapter Leader, NBCCT**

This course will teach you nutritional education for the individual seeking to regain their health as well as group seminars for parents and their children on health issues.

- Explore overall nutrition
- Learn to eat foods that boost your metabolism
- Discover simple and effective ways to incorporate healthy eating
- Learn about vitamins and supplements

[www.Nethersprings.com](http://www.Nethersprings.com)



**PERRIS UNION**  
HIGH SCHOOL DISTRICT

## WE GLADLY ACCEPT NEW STUDENTS!

**DATES:** 1/17, 1/24, 2/7, 2/14, 3/7, 3/21, 4/4, 4/11, 5/2, 5/23

**TIME:** 10:30am - 12:00pm

**LOCATION:** STUDENT SERVICES CENTER  
TRAINING ROOM #1  
1151 NORTH "A" STREET  
PERRIS, 92570

**FOR MORE INFORMATION PLEASE CALL (951) 943-6369 EXT. 81111**