



**Parent University**  
PERRIS UNION HIGH SCHOOL DISTRICT

**Be smart,  
eat smart.**

## NUTRITION CLASS



**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)

### CLASS SCHEDULE

**SEPTEMBER 13 & 27**

**OCTOBER 7 & 25**

**NOVEMBER 8 & 22**

**DECEMBER 6 & 18**

**JANUARY 17 & 31**

**FEBRUARY 7 & 14**

**MARCH 6 & 30**

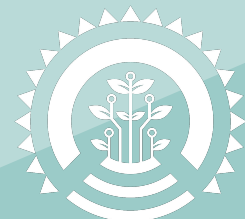
**APRIL 3 & 24**

**MAY 8 & 22**

**Time: 10:30 am - 12:00 PM**

**WE GLADLY ACCEPT NEW STUDENTS!**

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



**FOR MORE INFORMATION PLEASE CALL (951) 943-6369 EXT. 81110**