

Perris Union High School District Parent University

NUTRITION CLASS



Semester 2
January - May 2018

Instructor: Wendy McPhail



PERRIS UNION
HIGH SCHOOL DISTRICT

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

WE GLADLY ACCEPT NEW STUDENTS!

DATES: 1/10, 1/25, 2/1, 2/15, 3/7, 3/22, 4/26, 5/3, 5/24

TIME: 10:30am - 12:00pm

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

(951) 943-6369 EXT. 81110

**Potty trained child care provided*