



SISTER'S TOGETHER :

MOVE MORE, EAT BETTER

Sister's Together: Move More, Eat Better is a six (6) month nutrition and physical fitness program designed to assist African - American women in their journey to live their best most healthy life.

TOPICS AND SESSION DATES

TIME : 5:30 PM- 7:30 PM

LOCATION: Southern University Ag Center at SARDI
1209 Diesi Street
Opelousas, LA70570

**WOMEN ON A MISSION
KICK - OFF SESSION WITH FITNESS INSTRUCTOR
AUGUST 26, 2021**

BEHAVIOR CHANGE: MAKING IT HAPPEN
SEPTEMBER 16, 2021 FITNESS INSTRUCTOR
SEPTEMBER 28, 2021 CHEF DEMONSTRATION

WALKING INTO A HEALTHY WEIGHT
OCTOBER 14, 2021 FITNESS INSTRUCTOR
OCTOBER 26, 2021 CHEF DEMONSTRATION

MEALS TO MENUS
NOVEMBER 18, 2021 FITNESS INSTRUCTOR
NOVEMBER 30, 2021 CHEF INSTRUCTOR

FAD DIETS
DECEMBER 9, 2021 FITNESS INSTRUCTOR
DECEMBER 14, 2021 CHEF DEMONSTRATION

ON MY WAY !
JANUARY 11, 2022 CHEF DEMONSTRATION



FOR MORE INFORMATION OR TO SIGN UP FOR THE PROGRAM,
PLEASE CONTACT ANGELL JORDAN OF THE SOUTHERN
UNIVERSITY AG CENTER AT angell_jordan@suagcenter.com

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