

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

SISTER'S TOGETHER

LOCATION: 520 SPAIN STREET BATON ROUGE, LA 70802

TIME : 5:30PM - 7:30PM

TOPICS AND SESSION DATES

WOMEN ON A MISSION

KICK - OFF SESSION WITH FITNESS INSTRUCTOR

AUGUST 18, 2021

SEPTEMBER 1, 2021 CHEF DEMONSTRATION

BEHAVIOR CHANGE: MAKING IT HAPPEN

SEPTEMBER 15, 2021 FITNESS INSTRUCTOR

SEPTEMBER 29, 2021 CHEF DEMONSTRATION

WALKING INTO A HEALTHY WEIGHT

OCTOBER 13, 2021 FITNESS INSTRUCTOR

OCTOBER 27, 2021 CHEF DEMONSTRATION

MEALS TO MENUS

NOVEMBER 10, 2021 FITNESS INSTRUCTOR

NOVEMBER 17, 2021 CHEF INSTRUCTOR

FAD DIETS

DECEMBER 1, 2021 FITNESS INSTRUCTOR

ON MY WAY!

JANUARY 12, 2022 CHEF DEMONSTRATION



FOR MORE INFORMATION OR TO SIGN UP FOR THE PROGRAM, PLEASE CONTACT KIYANA KELLY OF THE SOUTHERN UNIVERSITY AG CENTER AT KIYANA_KELLY@SUAGCENTER.COM