

METABOLISM AND PROTEIN: FACT OR FICTION



DATE:

Tuesday, July 10, 2018

TIME:

6:30-7:30 p.m.

This is part of a quarterly class on topics related to health and wellness.

Learn how to optimize your metabolism as you age. We'll dispel common metabolism myths and share how-to's for keeping your metabolism revved. We'll also dispel common myths about protein, explore the best sources and discuss how to ensure optimal daily intakes.

Lead by Gayle Wilson Rose, Chief Change Officer of *WhyPowered* Whole Health Coaching. Gayle is a certified Whole Health Coach, Weight Management Specialist, and Personal Fitness Trainer.

Sponsored by:
Maplewood Public Library
7550 Lohmeyer
Maplewood, Mo. 63143
314-781-2174
www.maplewood.lib.mo.us

