

5 YEAR ANNIVERSARY
Celebration

IN PARTNERSHIP WITH CHOICE HEALTH & FITNESS,
ALTRU HEALTH SYSTEM WILL OFFER THE FOLLOWING:

THURSDAY, SEPTEMBER 28

FREE BODY COMPOSITION ANALYSIS TESTING

(with Health Coaches Rachel Aure and Emily Spicer)

10 a.m. – 12 p.m. and 3:30 – 5:30 p.m.

Sanny & Jerry Ryan Center for Prevention & Genetics

**FOOD DEMONSTRATION – BLACK BEAN &
CORN SALSA**

(with Jenn Haugen, RD)

12 p.m. and 4 p.m.

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