

Healthy Eating Series

Presented by Cathy Zolner, Holistic Health Coach

Healthy Eating for Families

November 2, 9:30-10:30 AM, Wellington Community Room

What constitutes healthy eating? What contributes to disease? Increase your nutrition knowledge to make healthy dietary changes that the whole family will enjoy. Learn how to eat for better health, energy and super immunity and what food and ingredients support illness and disease!

Healthy Snacks & Simple Meals

December 1, 6:30-8:30 PM, Wellington Community Room

Join Cathy for a lively & informative program filled with information and dietary tips! Learn how to incorporate whole foods into delicious snacks & simple meals for your entire family. Demonstrations, samples & recipes will be provided!



Cathy Zolner, Arlington, MA, is a Certified Holistic Health Coach who trained at the Institute for Integrative Nutrition. She empowers individuals to make positive lifelong changes in health and nutrition through individual and group health coaching sessions.

Sponsored by the Belmont Health Department and the Belmont Public Schools