

Norwescap CLTC

Career & Life Club

Monthly Virtual Event

JULY 24th

WHEN: 4th Thursday of the Month

TIME: 12:00 pm - 1:00 pm

LOCATION: Microsoft Teams

COST: FREE

Learn About Nutrition!

Craving foods you know are not good for you?

Out of energy by day's end?

Small, incremental changes in your food choices can have a big impact! Learn from and ask questions of Board Certified Health/Wellness Coach/Nutritional Consultant Karen Sammer.



Karen Sammer

Board Certified
Health & Wellness Coach
Your Power, Your Health

Discover How CLTC Can Support You!

Email cltc@norwescap.org

Warren & Hunterdon (908) 788-1453

Somerset (908) 900-0060 x1503



Scan to Register
or [Click Here](#)



NORWESCAP