

Get Active in your Daily Living!

D2D EDUCATION CLASSES

CHOOSE ONE TO ATTEND:

MONDAY MAY 11TH 4:00-5:00PM

OR

MONDAY MAY 18TH 12:00-1:00PM

We are excited to invite you to our second D2d Education Session! We are lucky enough to welcome Erin McCarthy Utz, Certified Sports Dietitian and Group Fitness Instructor, from the Northwestern Center for Lifestyle Medicine, who will be speaking about exercise. Erin will discuss benefits of exercise and will teach us all some easy exercises we can do at home – no gym equipment needed!

Both sessions will involve the same speaker and information, so you only need to RSVP for one session. As a reminder, attending a session is optional and there is no compensation for attending.

RAFFLE PRIZES FOR BOTH SESSIONS!!

Feinberg Pavilion
Conference Center
251 E. Huron
Chicago, IL 60611

May 11 – Room 716, 2nd flr
May 18 – Room C, 3rd flr

Everyone is welcome to bring 1 guest!

Please RSVP by Monday MAY 4th
via email
d2d@northwestern.edu or phone
312-503-3413 (Jenny)
312-503-7203 (Dalya)