

# DROP IT LIKE IT'S HOTT

*Summer Series*

## THE HEALTHY “WEIGH” A SHS HEALTH PROMOTION PROGRAM

Led By: Tracy Conder (Registered Dietitian, CSSD)

6/3

### GETTING STARTED

Goals, Motivation, & Keys to Success

NORTH WEBB: SUFFOLK RM.  
2:00–3:00PM

6/10

### NUTRITION 101

Learning the basics of good nutrition

6/17

### THE ART OF PREPARATION

Food Labels, Grocery Shopping  
& Fast Food

6/28

### SNACK ATTACK

Healthy Snacks, Portions & Beverages

Last year “Drop It Like It’s Hott” participants collectively lost over 250 pounds!! We are planning to surpass that goal this year!! A healthy lifestyle is in sight—you can do it! If you would like to register for the program, click [below](#) to get started!

FMI: [email tconder@odu.edu](mailto:tconder@odu.edu)

*sign up here:* [https://odu.co1.qualtrics.com/SE/?SID=SV\\_5nFjaRZUIzRn0Ff](https://odu.co1.qualtrics.com/SE/?SID=SV_5nFjaRZUIzRn0Ff)



MONARCH WELLNESS

PHYSICAL

