

Seminar

Series



Time: Thursday 6:00-7:30pm

Location: 1404-9 Forrest Ave
Dover, DE 19901

Call 302-389-3489

To reserve your seat!

Or visit cnuFIT.com for more details



These FREE educational seminars are held the 2nd Thursday of each month, year-round. They include seminars, workshops, and demonstrations. CNU Fit, LLC developed this unique educational program to increase community awareness of optimal health and wellness. The seminars are geared towards individuals of all ages, lifestyles, and health backgrounds.

January 14th: Achieving Optimal Health

Body Composition, Performance Goals and Elimination of Chronic disease.

February 11th: Women's Health

Hormones are not the only element keeping you from your fitness goals...

March 10th: Children's Fitness and Nutrition

With Childhood obesity on the rise, learn tools and tactics to establish long term health for your child's future.

April 14th: The Metabolic Pantry

Optimize your pantry to increase your metabolism.

May 12th: Vitamins and Supplements

There are hundreds of brands and endless variety, so which products truly meets your needs?

June 9th: Essentials of Exercise; Proper form and technique are essential for effective exercise.

July 14th: Flexibility; Essential for optimal health

Dress in attire appropriate to perform moderate stretching.

About CNU Fit, LLC

The CNU Fit staff is skilled with a variety of backgrounds including ACSM, SCA, CSCS, NATA, Rock Tape, and Precision Nutrition certifications. CNU Fit staff includes a Clinical Dietitian with experience at Aramark Hospital and Healthcare, Liberty Healthcare and Christiana Care.. Call or visit us online to learn more.