



# I CAN!

## Commit to Activity and Nutrition

### 6-week Healthy Lifestyle Program

Instructors: Cori Evans, MA, NSCA and Kim Guess, RD

**Nutrition classes:** 4/2, 4/9, 4/16, and 4/24; 12:10-1pm

Tang Center, Trader Joe's, and Morgan Hall

**Fitness Testing:** 3/26 and 4/30

**Workouts:** Every Thurs 4/4-4/25, 12:10-1pm, Edwards Track



For those that want to jumpstart a new healthy lifestyle, this free 6-week program will equip you with the skills you need to get started. I CAN! is an interactive program that includes nutrition and fitness assessments, a hands-on cooking class and grocery tour, and weekly group workouts with a certified personal trainer. Don't think about how many other times you've promised to do this for yourself – this time just say I CAN!

Register at [uhs.berkeley.edu/wellnesscalendar](https://uhs.berkeley.edu/wellnesscalendar)