

Vitti's Dance Studio Health & Wellness Series

LET'S TALK FOOD!

THE GOOD,
THE BAD &
THE UGLY

Wednesday

March 25, 2026

7-8 p.m.

\$25. Prereg.

\$30 at the
door



*"Let food be thy
medicine and
medicine be thy
food."
Hippocrates*



You will learn how:

- food & hydration can reduce inflammation, and support joints and muscles
- to eat for sustained & steadier energy
- food can sharpen focus & coordination (or not!)
- to eat for improved recovery



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SCAN ME