

Do you need information on any of these:

- Nutrition and weight loss
 - Weight maintenance
 - Weight training
 - Strength training
- Senior strength training
- Diet/recipe analysis
- Group cooking classes



Make an Appointment with
AMELIA SHAFFER
MS, CLC, RD, LDN, CPT

Amelia is a Registered Dietitian Licensed in the State of Illinois and a Certified Personal Trainer. She has a Bachelors Degree in Human Nutrition and Dietetics and a Masters Degree in Food and Nutrition.

To make and Appointment and get prices call the
Forum 893-5752.