

HEALTHY EATING AND ACTIVE LIFE STYLE COMMITTEE (HEAL) PRESENTS:

FUEL + FITNESS



Guest Presenters:

Rosann Gonzalez

Associate Professor, Biology

Jamel Ramsay

Instructor, Health/Physical
Ed./Recreation & Head NCC
Football Coach

November 24, 2020
11:30 am - 12:45 pm

Learn about proper nutrition and its effect on your body.

Learn Benefits of Exercise/Fitness and see moves that you can do at home using things in your own home during Covid-19 restriction limitations.

<https://ncc-zoom.zoom.us/j/95046348932>

Meeting ID: 950 4634 8932

One tap mobile

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