

# Town of Colden Recreation

## NUTRITION COACHING

Thursday nights 3/9-3/30

7-8 pm at the Colden Senior Center

Cost: \$60 for the 4 week session  
(+ nominal fee for the app)

Registration begins February 6th  
and ends March 3rd.

Forms are available at Town Hall  
Checks can be made payable to  
Colden Recreation

Learn about macro counting and goal  
setting by a NASM (National Academy of  
Sports Medicine) certified nutrition coach  
and personal trainer

Please fill out form below and return with payment to Colden Town Hall.

**Date: Thursdays (3/9-3/30)**

**Time: 7:00 pm**

**Cost: \$60 (+ \$2.99 for app)**

**Place: Colden Senior Center**

**Questions? Please call (716)474-2532**

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Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ Phone # \_\_\_\_\_

Email: \_\_\_\_\_

