



Community Calendar Announcement

What: Nutrition Seminar on Meal Planning With Lisa Taylor

Where: Arden Hills Resort Club & Spa
1220 Arden Hills Lane, Sacramento

When: Monday, March 8

Time: Noon

Cost: \$20.00

For More: 916-482-6111 or www.ardenhills.net

Suggested Copy: If you're trying to watch your waistline and your wallet while eating more nutritiously, you won't want to miss a special meal planning wellness class at **Arden Hills Resort Club & Spa**. Presented by the on-site nutritionist Lisa Taylor, you'll learn easy ways to make smart and nutritional choices while also avoiding common mistakes sure to sabotage your good intentions. Open to everyone, advance reservations are suggested as space is limited. For more, call 916-482-6111 or visit www.ardenhills.net.

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