Nutrition Classes with April

Tabletalk—Lunch at Each Session



55+
10 am—11:30 am
Resident Fees:$10/Class
Non Resident Fees: $20/Class
Pre-registration required

Bill Crisp Senior Center
7560 Raeford Road
910.433.1248

August 19, 2026
Fall Into Shape

September 16, 2026
Where to Start with My Nutrition

October21, 2026
Cancer Fighting Foods

November 18, 2026
Diabetes & Men's Health Foods

December 16, 2026
Holiday Health

January 14, 2027
Rest Our Health & Fitness



FAYETTEVILLE PARKS & RECREATION CUMBERLAND CO.