



WHOOPLA.

Want to learn simple ways to incorporate more healthy foods into your diet?

Heidi Watson from WHOOPLA will be joining the PD Moves class on Mondays from 1:00 - 1:30 pm to offer important nutrition education and work with individuals to develop healthy eating habits. Heidi is certified in whole food plant-based nutrition and an experienced movement disorders nurse. She will be donating her time (offering this service for free). Take advantage of this great opportunity!

Heidi Watson
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