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Eat Right for Life®
A five-week program to inspire healthier eating

Green Bay – This fall, Prevea Health will host Eat Right for Life®, a program offered at Western Racquet & Fitness Club to encourage and inspire healthy eating.

The five-week, interactive program is led by Deb Guenterberg, a registered dietitian nutritionist at Prevea Health, and is based on the book Eat Right for Life®; Your Common Sense Guide to Eating Right and Living Well. Participants will be encouraged to read the book, ask questions, try new things and acquire newfound knowledge, understanding and habits.

Eat Right for Life® will take place from 5:30 to 6:30 p.m. every Wednesday, from Oct. 16 to Nov. 20, in the Lulloff Conference Room at Western Racquet & Fitness Club located at 2500 S. Ashland Ave. in Green Bay.

The cost is $50 and includes a copy of the Eat Right for Life®; Your Common Sense Guide to Eating Right and Living Well book. To sign up, visit www.prevea.com/events by Oct. 9. Space is limited.

Registration is open to everyone and you do not need to be a Western Racquet & Fitness Club member.

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About Prevea Health
Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across Northern, Eastern and Western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph’s Hospital in Chippewa Falls. For more information, visit www.prevea.com.