



## Healthy Lunch Club

Aiken County Employees

**TUESDAYS at NOON**

**Aiken County Government Center : 1930 University Parkway  
1<sup>st</sup> Floor Sandlapper Room**

Are you interested in improving your life by learning to make  
positive food choices?

Are you challenged and encouraged in a group setting with others  
who are working toward the same goals?

Would it help you to get new ideas for choosing and preparing  
healthy meals and snacks?

Then ***Healthy Lunch Club*** is the place for you!

Recipe ideas  
Learning to make healthy food choices  
Planning for fitness  
Understanding Metabolism  
How food choices affect your health and energy level  
Retrain your Brain: Appetite Awareness  
Discussion: Learning from the Successes of Others

Karen Blackmore, RN, OCN  
Aiken County Employee Health Center  
Email: [kblackmore@aikencountysc.gov](mailto:kblackmore@aikencountysc.gov)  
Phone: 803.502.9005 Ext: 3901  
Office Hours: Monday through Thursday 7:00 am – 3:30 pm