

NUTRITION TALKS



CMU Rec offers group nutrition talks led by our nutritionist, Jess Moyle, RDN!

For teams, clubs, classes, etc.
Personalized for each group based on what YOU want to get out of it.

\$175-

includes prep time + 60 minute talk
+ 30 minutes of follow up/questions

For scheduling or questions, please email hrcnutrition@coloradomesa.edu.

