



MARCH IS NUTRITION MONTH

REGISTER TODAY!

*THE ESSENTIAL NUTRITION COURSE

PRIZES!
GIVEAWAYS!

1 Nutrition Fundamentals
10 March 0830-1200

2 Understanding Food Labels
12 March 0830-1200

3 Meal Planning & Budgeting
24 March 0830-1200

4 Mindful Eating & Cooking Workshop
26 March 0830-1200

*Must attend all program dates

Food for Thought:
Recipes to Nourish Mind & Body

FREE Event
31 March 1300-1500

Join Paige Miller, Registered Dietitian, to create tasty recipes that support gut health and boost your mood.

Enjoy an engaging presentation and Q&A session to learn about how nourishing your gut can help you thrive in all aspects of health!

*Registration required

REGISTER TODAY!

