

FREE Grocery Store Tour

THURS., MAR. 16TH
CENTRAL MARKET
6:00 PM

Join the TCHS Wellness Coordinator
and Registered Dietitian at the grocery
store in Hebron to:

- Learn how to read food labels
- Understand the criteria for a food to be considered a healthy choice
- Introduce new ingredients
- Pick out healthy, on-the-go options
- Answer your food and nutrition questions
- Provide grocery shopping & meal planning tips

Please RSVP to:

MARISSA
at 402-768-4676