

TOWN OF MASSEY DRIVE PRESENTS:

Healthy Eating Education Sessions



Nutritionally Your Best
Let the Registered Dietitian Be Your Healthy Eating Guide!

This weekly program educates you on the basics of general fitness and nutrition to help you achieve your healthy eating goals.

Throughout the 4 weeks you will:

- learn how to master your metabolism**
 - learn how to read labels**
 - learn the basics of healthy eating and portion control**
 - participate in a grocery store tour**
- & MUCH more!**

Where? Massey Drive Town Hall

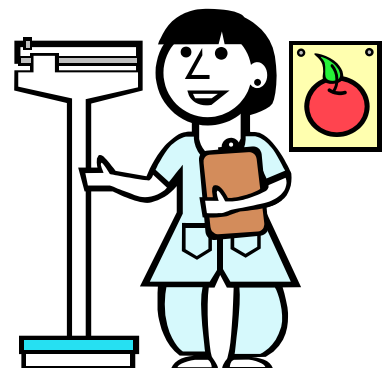
When? Mondays at 7:15pm

Who? All community members are invited to join

Cost? Free!

Program begins **May 1st , 2017** and concludes on **June 5th , 2017.**

Email info@masseydrive.com to reserve your spot.



****Facilitated by Megan Smith, Registered Dietitian & Personal Trainer. ****