

Eat Better Feel Better

FREE NUTRITION WORKSHOP

Taller de Nutrición Gratuito

Presented by (presentado por)
Suzanne MacDonald, RD



This free workshop, offered by the Mendonoma Health Alliance, will teach you how to make healthier food choices to lower your risk of serious health conditions.

Este taller gratuito, ofrecido por Mendonoma Health Alliance, le enseñará cómo elegir alimentos saludables para reducir el riesgo de enfermedades graves.

Saturday, March 24
sábado, 24 de marzo

10:00 AM

Action Network
Cyprus Village, Gualala



Saturday, March 24
sábado, 24 de marzo

2:00 PM

Trinity Hall – Point Arena
St. Aloysius Catholic Church

You will learn:

- **Dietary choices for High Blood Pressure**
- **How to read labels for Healthy Choices**
- **Eating Well Tastes Good!**

For more information, call MHA at **(707) 412-3176 x102**