

Nutrition

Tracie Hittman Nutrition

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(Below ANiU Salon & Spa)
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Feel Better!
Look Better!



What you get:

- Shopping list
- Menu ideas
- Handouts
- Local Resources

Date:

Thursday
Sept. 9th

Time:

6-7:15PM

Location:

2275 Deming Way
Middleton, WI
(basement level of
the Park Bank
building by Costco)

Nutrition 101 - Your Questions Answered!

Are you confused by all the conflicting health data?
Are you ready to learn some cutting edge nutrition information?

It is a challenge to navigate through all the nutrition information out there. Come learn some nutrition basics that will not only surprise you but help take your life and health to the next level.

When you change what is you're your plate, you can change your life!!!

Cost is Free but please bring healthy food donations for the River Food Pantry!



WHAT'S ON YOUR PLATE?

www.itsyourplate.com