



# Health & Wellness

ATTEND ONE OF THESE FREE DIETITIAN TOURS AND HAVE YOUR NUTRITION QUESTIONS ANSWERED

## Healthy Shopping 101

**March 1st @ 6pm**  
*98th & Quaker*

**April 17th @ 12pm**  
*19th & Quaker*

## Easy Diabetes

**March 8th @ 6pm**  
*50th & Indiana*

**April 3rd @ 12pm**  
*98th & Quaker*

## Healthy Heart Cart

**March 14th @ 12pm**  
*50th & Indiana*

**March 22nd @ 6pm**  
*19th & Quaker*

**April 12th @ 6pm**  
*98th & Quaker*

## Living Gluten/Dairy Free

**March 29th @ 12pm**  
*19th & Quaker*

**April 26th @ 6pm**  
*98th & Quaker*