

# Free Nutrition Lessons

Join us in a 6 week course for free and fun nutrition lessons!

## COURSE DESCRIPTION:

- Stretch your food dollars
- Plan fast and healthy meals
- Cook and sample different recipes
- Increase physical activities
- Free participation gift
- Enter to win raffle (Crockpot or George Foreman grill)
- Earn certificate of completion
- Fun and interactive

Hosted by:



Space is limited so RSVP today to:

**Ebony Evans**

**(219)763-8112 Ext: 5161**

**[www.northshorehealth.org](http://www.northshorehealth.org)**

## WHEN:

October 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

November 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>

December 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>

Fridays at 10:30am

## WHERE:

Merrillville Public Library

1919 West 81<sup>st</sup> Ave

Merrillville, IN 46410

