

# **JOIN US FOR OUR FIRST NUTRITION NIGHT!**

**TUESDAY, JANUARY 22**  
**HEALTHY EATING ON A BUDGET**

Hosted by Pediatric and Adolescent Medicine and Jennifer Belanger, RD

Healthy eating can have its challenges, but cost should not be one of them!  
Join us and Jennifer Belanger, RD for a fun night of learning!

- How to shop for deals at the grocery store
- Using unit pricing
- Navigating the store to find the healthiest foods
- Stretching your food dollar

**You'll go home with new recipes the whole family will love!**

**6:30-7:30 PM AT THE WILBRAHAM OFFICE**  
**\$20 PER FAMILY**

LIGHT (HEALTHY!) REFRESHMENTS WILL BE SERVED.

PRE-REGISTRATION REQUIRED. SIGN UP AT RECEPTION.



