



Grocery Store Tour

Join Registered Dietitian Nutritionist
Autumn Kumlien, for a grocery tour to learn
the areas to find the healthiest food and the
areas to avoid.

Wednesday, June 14th at 4 p.m.

Pick 'n Save

1750 Hwy. 51 West, Stoughton

Meet just inside the store.

To register for this free event, please go to
stoughtonhospital.com and click on
“Classes & Events.”

Questions? Please contact Sonja at 873-2356.

Disclaimer: This activity is organized and solely sponsored by a recognized parent or community organization in support of the Stoughton Area School District and not by the school district itself. It is recognized that the intent of this activity is to ultimately support students and families served by the Stoughton Area School District. Permission to distribute this material has been granted by the Superintendent.



stoughtonhospital.com



Using & Making Essential Oils Products



Anne Adametz
*Acupuncturist & Yoga
Specialist*



Melissa Newton
*Registered Nurse &
Certified Clinical
Aromatherapist
Practitioner*

Join Anne Adametz and Melissa Newton to learn how essential oils can be used as a non-toxic way to clean your home and the air within. They will also demonstrate how to make your own custom non-toxic eye creams based on your needs.

Thursday, July 13th at 6:00 p.m.

**Stoughton Hospital
900 Ridge Street, Stoughton
Bryant Health Education Center
(lower level)**

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