



# 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](http://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.



# 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)**

To register for this free talk, please go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on “Classes & Events.”  
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