



GET THE FACTS

LEARN ABOUT SODIUM, FATS, SUGARS & PORTION SIZE!

#1

Learn more about the Nutrition Facts label

#2

Gain confidence in making healthy choices at the grocery store

#3

Become aware of how nutrients affect your health

#4

Support of friends and community members

#5

Learn practical tips for a healthier life

Location:

Mammen Family Public Library
131 Bulverde Crossing
Bulverde, TX 78163
Time: 1:00pm - 2:30pm
Begins Wednesday, March 13, 2024

REGISTER ONLINE:



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