



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:

Westside Community Center

Time: 11:30am - 12:30pm

Begins Thursday, February 15, 2024

REGISTER ONLINE:



BETTER LIVING FOR TEXANS

