

NUTRITION CLASSES

with Registered Dietitian Alex Barbieri

SCAN
TO SIGN UP



Join us at West Mountain Family Health!

Is Stress Impacting Your Health?

Learn how nutrition and mindful eating can help.

Wednesday, April 9 | 4:00 p.m.

Grocery Shopping 101

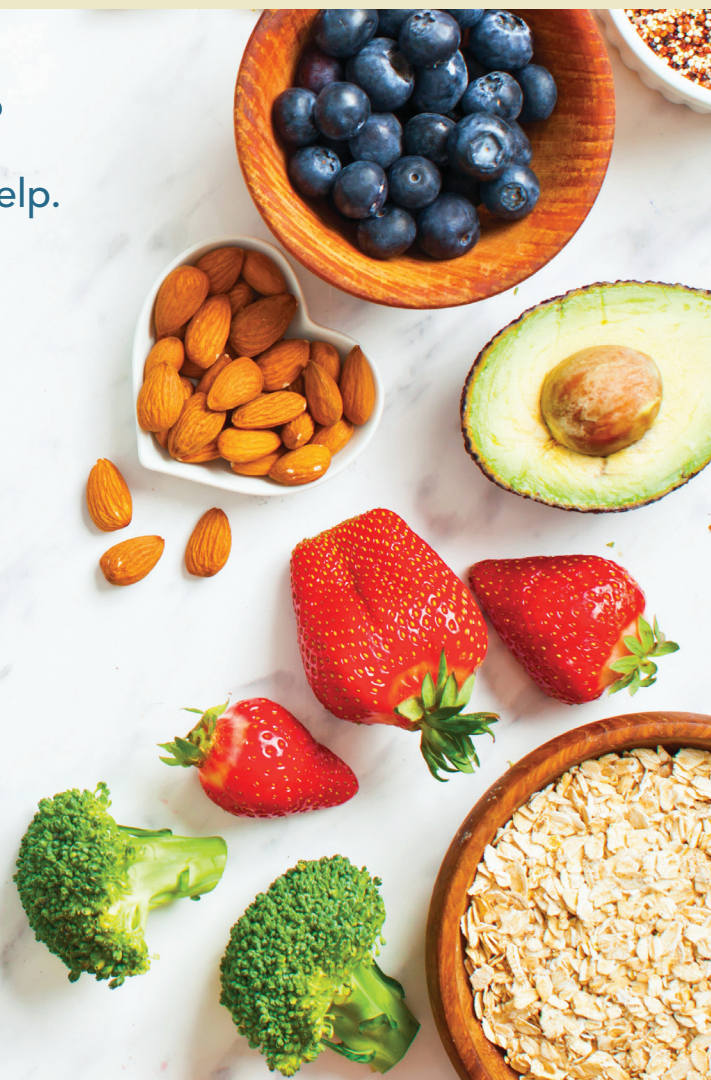
Our dietitian's tips for getting the best nutrition for your money.

Wednesday, May 7 | 4:00 p.m.

Carbohydrate Counting and Diabetes

What You Should Know.

Wednesday, June 11 | 4:00 p.m.



FREE
to all patients



**HUDSON
HEADWATERS**
HEALTH NETWORK