

NEW YEAR NEW YOU

HEALTHY FOOD SERIES

6:00PM

JAN. 30: DECODING THE
FOOD LABEL

FEB. 27: EXPLORE GREENS
WITH COOKING DEMO

MARCH 27: EAT THE
RAINBOW WITH COOKING
DEMO

If you are eager to improve your health in 2019, join us for a free 3-part series from Whole Cities Foundation that will take the whole family's health to the next level.

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