

EATING WELL FOR YOUR HEALTH

When: March 24, 2010, 5:30 – 6:20 p.m.


Where: Conference Room 1E

What is a healthy diet?

If you've ever asked that question, take this 50-minute class for up-to-the-minute information on diet and tips to make healthier eating choices.

Come celebrate National Nutrition Month in March by learning how to improve your diet!

The class will be taught by Carole Bartolotto, MA, RD

 To register, e-mail carole.a.bartolotto@kp.org.

Class size is limited to 24 people.

