



HEALTH EDUCATION SERIES

MONDAY

APRIL 21, 2025

HEATHER HAFNER, MS, RD, LDN

Registered Dietitian Nutritionist

“YOUR GUIDE TO GROCERY

SHOPPING LIKE A PRO”

11:00 AM- 12:00 PM

Contact your Medical Case Manager or nurse for a zoom link to join!

You may also call or send an email to the contact listed below!

- All participation is anonymous!
- Learn how to make the most of your trip to the grocery store!
- Interact with the speaker by typing questions or comments in the chat!

