Healthy Eating for Better Health

BUFFALO HOSPITAL OFFERS FREE VIRTUAL CLASSES

Healthy Eating for Better Health is a 6 week program (1 hour each week) for people who want to learn more about how nutrition and lifestyle changes can promote better health.

Join us to discover how you can make small changes that can make a big difference in your health! This class includes learning how to read nutrition labels, cooking skills, new information about latest changes in the nutritional world, and even a grocery store tour! Healthy Eating for Better Health classes will be held on:

Thursdays, February 11 – March 18, 2021

9:00 - 10:00 a.m.

Register in advance for this meeting: https://us02web.zoom.us/meeting/register/ tZMkdOGppjIoGNLFRFzwRCdzkaieVABYbVg1 After registering, you will receive a confirmation email containing information about joining the meeting. Need more information? Call 763-684-7025

AllinaHealth

BUFFALO HOSPITAL