



Eating Well

Mondays

November 3, 10, 17 and 24
12:00 PM – 1:00 PM

316 N. Park Ave. • Room 426
Helena, MT 59623

Join us for this 4 Week Workshop and learn about:

- Foods that Fuel
- Food vs. Food Product
- Progression vs. Perfection
- Shopping and Label Reading
- Food Preparation

Here's how to register!

To register, contact Morgan Maynard at momaynard@helenamt.gov or call 406.447.8333.

Questions? Please contact CareHere Health Coach Jaime Larese at jlarese@carehere.com or call 877.866.6430 ext. 550.

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Nutrition

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