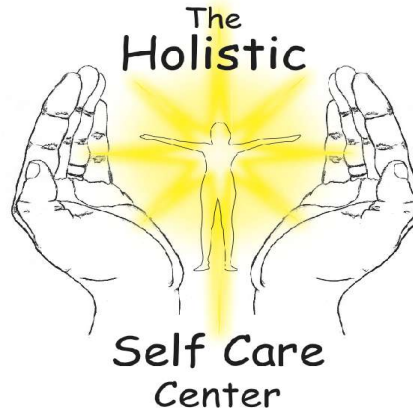


You are invited to an educational evening

Healthy Eating-The Basics



Date: Tuesday, September 11th
Time: 7:00 – 8:30 pm
Cost: \$20.00 non-members/\$10.00 members
Where: The Holistic Self Care Center
12 Murphy Drive, Nashua NH 03062
www.thehsccenter.com
Telephone: 603.883.1490

This class outlines the study of food and how our bodies use food as fuel for growth and daily activities. You will learn about proteins, carbohydrates, and fats, and how to analyze your own diet and food choices. This is the first in the “Healthy Eating” series of workshops. Each participant will be given handouts to further incorporate healthy eating into their daily lives.