

Eat Better    Feel Better

# FREE NUTRITION WORKSHOP

Taller de Nutrición Gratuito

*Presented by (presentado por)*  
**Suzanne MacDonald, RD**



**This free workshop, offered by the Mendonoma Health Alliance, will teach you how to make healthier food choices to lower your risk of serious health conditions.**

Este taller gratuito, ofrecido por Mendonoma Health Alliance, le enseñará cómo elegir alimentos saludables para reducir el riesgo de enfermedades graves.

**Saturday, March 24**  
**sábado, 24 de marzo**

**10:00 AM**

**Action Network**  
Cyprus Village, Gualala



**Saturday, March 24**  
**sábado, 24 de marzo**

**2:00 PM**

**Trinity Hall – Point Arena**  
St. Aloysius Catholic Church

**You will learn:**

- **Dietary choices for High Blood Pressure**
- **How to read labels for Healthy Choices**
- **Eating Well Tastes Good!**

For more information, call MHA at **(707) 412-3176 x102**

**MHA**  
MENDONOMA HEALTH  
ALLIANCE