

# Healthy Habits Class for Employees

Day 1: Nutrition Label Reading and Mock Grocery Store Tour

Day 2: Put your new skills to the test! Lunch at Seward Co-Op



Tuesday, December 12th

12:00PM - 1:00PM

at Sabathani

Thursday, December 14th

12:00PM - 1:00PM

Meet at Sabathani first

Lunch provided both days