

Lets Go To Kessler's Grocery Store!

Dates:

Wednesday August 20th, 2008 at 12:10 PM

&

Wednesday August 27th, 2008 at 12:10 PM

(We will meet at the North entrance)

Topic

“Shopping In The Grocery Store”

Picking healthy choices in every Aisle

Walk with us through Kessler's grocery store and learn how to make healthy choices when buying your groceries. We will also give snack and meal ideas that will help you incorporate these healthy choices into your day.

(Wednesday the 20th we will take you through the first half of the store and

Wednesday the 27th we will go through the second half)

Presented by: Kristin Hawkins and Nikki Smiley

