



**EAT WELL LIVE WELL**  
**WEIGHT MANAGEMENT PROGRAM**

**“TOUR THE GROCERY STORE”**

**MARCH 7<sup>TH</sup>**

**10:30-11:30 AM**

**Giant Eagle UTC**

The dietitian will show you how to make smart choices in the produce, deli, seafood, meat and dairy departments. We will read labels and compare costs.

**Join us!**