

Well Balanced Challenge – Winter Edition

Starts January 9th in Hudson; 5:15 to 6:15pm

Starts January 10th in New Richmond; 5:15 to 6:15pm

Meets in store café

It's back! Eat too much over the holidays? Does your New Year's resolution include lose weight? Do you want to learn how to make better food choices? Join us for this comprehensive 12 session program designed for any age group. This program will teach you how to make better food choices in the grocery store aisles, put together healthy meals at home, and lose weight. Program is taught by Mary Jo Brunner, in-store dietitian. Cost is \$55 (only \$4.50 per week!). Contact Mary Jo Brunner at 715.381.1413 (Hudson), 715.246.2668 (New Richmond), wellbalanced@nashfinch.com for more info. Class is limited so sign up now!

Well Balanced Challenge – Silver Edition

Starts January 10th in New Richmond; 1:00 to 2:00pm

Starts January 12th in Hudson: 10:30 to 11:30am

Meets in store café

Brand new! Eat too much over the holidays? Does your New Year's resolution include lose weight? Do you want to learn how to make better food choices? Join us for this comprehensive 12 session program designed for the 55 or better category. This program will teach you how to make better food choices in the grocery store aisles, put together healthy meals at home, and lose weight. Program is taught by Mary Jo Brunner, in-store dietitian. Cost is \$55 (only \$4.50 per week!). Contact Mary Jo Brunner at 715.381.1413 (Hudson), 715.246.2668 (New Richmond), wellbalanced@nashfinch.com for more info. Class is limited so sign up now!

St. Croix Valley Celiacs

Monday, January 16 from 6:30 to 7:30PM in Hudson

Meets in the store café

Have you been diagnosed with Celiac Disease, have a gluten intolerance, or choosing to keep gluten out of your diet? If so, join us for group support, gluten free product updates, guest speakers, gluten free samples and more. The group meets at Family Fresh Market and is led by Mary Jo Brunner, store dietitian.

Gluten Free Super Bowl Eats

Tuesday, December 17 from 6:00 to 7:00PM

Meets at Community Commons in New Richmond

Here comes Super Bowl Sunday! Do you keep gluten out of your lifestyle? Whether you are hosting a party or attending a party it may be a huge struggle finding foods that everyone will enjoy (without the gluten). In this class, learn how to create gluten free party goodies for all to enjoy. Samples and recipes provided! This class is co-sponsored with New Richmond Community Education and Family Fresh Market. To register call **715.243.7421** or visit **www.newrichmond.k12.wi.us**. **The cost is \$10.**