



You Are Invited...

What's NUT to Love?!

~A community nutrition class~

- WHO:** Class is open to anyone in the community!
- WHAT:** An interactive nutrition presentation, cooking demonstration, product taste test, and food sampling!
- WHERE:** **The Health Learning Center Kitchen**
1644 Medical Center Point
Colorado Springs, CO
- WHEN:** **Wednesday, March 3rd, 2010**
5:00 p.m. -6:00 p.m.
- WHY:** To gain knowledge about the origin, nutritional benefits, and uses of various nuts and nut butters—you will even have an opportunity to try some new, unique nut butters!
- HOW:** We have only 25 spots open, so reserve yours today by calling Donna Mark, RD, at (719) 776-3617!



BONUSES:

- **The presentation is FREE!**
- **Taste test & free samples included!**
- **It will be a fun way to spend an evening!**
- **PSF employees will earn HIIP credit!**
 - **Nutrition is awesome!**

Questions? Just email or call Lindsey Tucker, Penrose-St. Francis Dietetic Intern, at lindselyltucker@gmail.com or (715) 558-1603.