



## FRONTLINE NUTRITION

"Eat Right  
Get Right  
Live A Better  
Quality Of Life "

Invites you to join us on the path to a

**HAPPY AND HEALTHY  
NEW YEAR!**

Join us as we learn  
how good nutrition  
supports better learning,  
"healthy foods" myths,  
understanding  
nutrition labels and how  
to make healthier options  
for your family



### JOIN HERE

ZOOM MEETING  
ID: 994 1246 4671  
PASSCODE:  
888888

Session 1  
January 20<sup>nd</sup>, 6:30 pm

Session 2 -  
January 29<sup>th</sup>, 6:30 pm

Interpretation  
services  
347-944-4114



Work hard  
be kind  
eat well