

Community Nutrition Workshops Announcement

Dear Community Members,

We are excited to announce a series of Community Nutrition Workshops aimed at promoting healthy eating habits and enhancing our community's well-being!

Workshop Details:

- **Date:** Every Saturday, starting from March 15, 2024
- **Time:** 10:00 AM to 12:00 PM
- **Location:** Community Center Hall, 123 Main Street

Topics Covered:

- Understanding Nutritional Labels
- Meal Planning on a Budget
- Healthy Cooking Techniques
- Food Safety and Preservation

These workshops are free and open to everyone. Please RSVP by March 10, 2024, to secure your spot.

If you have any questions, feel free to contact us at info@communitynutrition.org.

We look forward to seeing you there!

Warm regards,
The Community Nutrition Team