

Portion Distortion!

It's not just what you eat, but how much. Portions and correct serving sizes make a difference. Learn why, and how you can re-establish control, at an

Eat Smart! 

FREE SEMINAR

*Presented by
Rachel Ezelius, RD*

**Monday
July 19th
11:00 AM
7:00 PM**

**Sign up to
reserve
your spot.**

