



NUTRITIONU

Focus on Fast

MAY I TAKE YOUR ORDER?

Healthy eating while dining out.

- Where to go and what to eat when you are away from home and in a hurry.
- Tricks to save calories.
- Reduce your stress - Know what to order.

Thursday, May 11 | 6:30p - 7:15p
MSO Dist 3, Squad Room

OR

Friday, May 12 | 6:30p - 7:15p
MSO Dist 3, Squad Room

MSO Employees & Spouses Only

Earn 10 Fit Nut Points!
Earn 3 Prevent Diabetes Points!

Register on PowerDMS



For More Information Contact: Christina Edenfield
941.748.4501 x6464 | cedenfield@manateeyourchoice.com

MN042617