

# NUTRITION WITH A CULINARY FLAIR! **RSVP**

## How to Shop Your Grocery Store for a Healthy Life



Nutritionist & Chef Robin McClanathan, Owner, *Nutrition with a Culinary Flair*, continues to provide pertinent information on creating a healthy nutritional lifestyle as she shows us how to shop our grocery store for a healthy life. *(Limited to 12 people each session)*

**When: Tuesday, February 9th ✨ 10:00AM – Noon\*\*\***

**Where: \*LOCATION CHANGED: This program will now be held at  
The Wellness Community, 1058 Old Des Peres Road, St. Louis, MO 63131**

**Please RSVP to The Wellness Community at 314-238-2000  
or Register online at:  
[www.wellnesscommunitystl.org](http://www.wellnesscommunitystl.org)**