



National Nutrition Month Series

Fuel Your Body

In recognition of National Nutrition Month, we invite you to join us for a free nutrition educational series.

March 5

What is Nutrition?

March 12

Myth vs Fact

March 19

MyPlate in Action:
Demo

March 26

Smart Shopping

Every Thursday in March, 12-1PM

**Government Complex - Commons Area
309 W Cornelius Harnett Blvd. Lillington, NC**

Attend all sessions to be entered into a drawing to win a \$25 gift card!

Light Refreshments Provided.

To Register



www.harnett.org/health



(910) 814-6197 or (910) 893-7550

Registration Deadline: Wednesday, February 25th



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