

What is a Healthy Diet?



Join us as we discuss how to navigate through today's complex world of diet & nutrition. Get your new year off to a great start by making healthier choices.

DATE: December 15, 2018

TIME: 10:30am - 12:00pm

PLACE: Art Circle Public Library

Guest Speaker: Regina Rigney, HHP, MH
Nature's Healthway, LLC (Holistic Wellness Center)