

LEARN TO SHOP, COOK, EAT HEALTHY ON A BUDGET!

Join us for a **FREE** “10 Tips” course

Tuesdays:

June 6th, 13th, 20th, 27th

5:00 - 6:00 PM

**Rangeley Health and Wellness
25 Dallas Hill Road, Rangeley, ME**



LEARN HOW TO:

- ◇ Eat healthy on a limited budget
- ◇ Cook healthy and delicious meals
- ◇ Save money at the grocery store

RECEIVE:

- ◇ **FREE** professional nutrition and cooking lesson
- ◇ **FREE** food tasting at each class
- ◇ **FREE** handout with easy tips to follow at home

To **Sign Up** please contact **Rangeley Family Medicine** at **207-864-3303**

Anyone under 18 must be accompanied by an adult

This free program is brought to you by:



RANGELEY FAMILY MEDICINE
HealthReach Community Health Centers



**HEALTHY
COMMUNITY
COALITION**
of Greater Franklin County



Teaching 10 Tips is open and accessible to all in accordance with program goals. Please do not bring outside food or drink.