



# Healthy Nutrition

## Class - Hidden Sugars

### Featuring: Overnight oats

Special Feature:

## OVERNIGHT OATS

Learn how to make delicious and nutritious oats, while learning about hidden sugars in everyday drinks and foods.

Incentive bag for raffle winner

## MAY 23 2019

315 W CASA BLANCA RD

Building #2 Thai Dai Conference Room

11:00AM SESSION 1

12:00PM SESSION 2

Call to reserve your spot.  
SPACE IS LIMITED



PosterMyWall.com  
Stock Graphic

GILA RIVER  
WELLNESS CENTER

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