



BE WELL PRESENTS

TIME SAVING TIPS FOR HEALTHY & DELICIOUS MEAL PLANNING AND PREP



Join Be Well's Dietitian Ana Zeller for an interactive seminar all about ways to save time, money and still eat healthy while enjoying your food! Learn how to overcome some common barriers of eating well:

- Practical ways to make time to eat healthy
- Avoid breaking the bank when you shop for healthy foods
- Let the kitchen be your friend (*but only cook twice a week!*)
- Meal Planning 101
- Be inspired by some creative, tasty and simple new recipes

Don't Miss the Recipe Demo and Food Tasting!

Join Us on Thursday September 10th at 2pm and 3pm in the Tolland Town Hall Council Chambers

[CLICK HERE TO REGISTER FOR THE EVENT!](#)

*** Attending this seminar will fulfill your quarterly wellness education requirement for Be Well Rewards**