



Nutrition on a Mission

Get your health on!

Come check-out the next nutrition workshop at N4! This workshop is packed with useful information and will be facilitated by Katie Brown, a senior at UNR studying nutrition dietetics. At this workshop, you will learn about:

- Changes to the food nutrition label,
- Whether organic foods are more nutritious,
- And what the new trend of “farm-to-table” really means.

The workshop will include a presentation AND hands on food prep activities!



Neighbor Network of Northern Nevada

Location: 999 Pyramid Way, Sparks NV

Time: 5 p.m. – 7 p.m.

Date: Thursday, November 16th, 2017

RSVP:

amy@neighbornv.org or (775) 453-4774

Get the necessary tools to create healthy meal plans!

Learn about tried-and-true, as well as new, nutrition practices!

Open to the public! Make new friends at this FREE educational, hands-on workshop.