



# free demos & classes

with your Hannaford Dietitian

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**Brigitte Harton, RD, CD**

## **In-Store Healthy Educational Demos**

Stop by to receive nutritious samples, recipe ideas, coupons & fun food facts! No need to register - Stop by the floor table.

## **Money Saving Ideas in the Center Store**

Friday, May 2 2:00 p.m. - 5:00 p.m.

## **Women's Wellness**

Friday, May 9 2:00 p.m. - 5:00 p.m.

## **Know Your Gut Instincts: Probiotics & Fiber Can Help!**

Friday, May 16 2:00 p.m. - 5:00 p.m.

## **Money Saving Tips in the Dairy Department**

Friday, May 23 12:00 p.m. - 3:00 p.m.

## **Good-for-Your BBQ (Memorial Day)**

Friday, May 30 2:00 p.m. - 5:00 p.m.

## **Free Healthy Classes and Store Tours**

Register for a fun, interactive class or store tour today! Call the store or sign up at the customer service desk.

## **The Mediterranean Diet Includes Store Tour**

Saturday, May 17 11:00 a.m. - 12:00 p.m.

For more information on our demos & classes, go to [hannaford.com/dietitians](http://hannaford.com/dietitians).

**Nutrition classes sponsored by:**

