

Sprouting Change in Your Nutrition Behaviors!

Learn how to:

- 1 Strengthen your nutrition
- 2 Be sustainable in your food intake
- 3 Grow your own nutrition garden
- 4 Maintain a healthy lifestyle



OCTOBER 12, 2023 | 12PM
DISCOVERY ROOM LIB 311
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WORTH, TX 76107
BRING YOUR LUNCH, WE WILL
PROVIDE DESSERT!

SCAN ME

