



Mayflower Municipal Health Group Presents:
FREE Workshop Series
“Creating A Healthy Kitchen”

Join Nicole Cormier, Registered Dietician, and founder of Delicious Living Nutrition, as she facilitates a 3 part workshop series that will help you create a more positive relationship with food and encourage you to eat foods that are “real, whole , delicious, and exciting”.

Thursday, April 7, 2016

6:00—7:00 PM

Abington Town Hall

500 Gliniewicz Way,
Abington MA 02351

Tuesday, May 3, 2016

6:00—7:00 PM

**West Bridgewater
COA**

97 West Center Street,
West Bridgewater MA
02379

Monday, June 6, 2016

6:00—7:00 PM

**Plymouth County Re-
tirement Association**

10 Cordage Park Suite
234 Plymouth MA 02360

A nutrient dense, well-stocked pantry is a must for a healthy lifestyle; it will support you to cook intuitively and to choose complete nutritious meals.

Transform your pantry into one that will help you develop your own nutrition practice. We will cover grains, vegetables, fruit, protein, spices + appliances. There will also be a recipe prepared and shared at each class to expand your repertoire.

This workshop will help you redesign your pantry and stock it with everything you need to make clean & delicious eating a daily practice!

Nutrition workshops are FREE and open to all Mayflower Municipal Health Group member unit employees, retirees and their spouses. Register for all 3 workshops or for Individual workshops. Register to participate by email at wellness@mmhg.org or by calling 774-773-9306. Space is limited.