

NATIONAL NUTRITION MONTH®  
**Stress-Free Grocery Shopping**

*Learn ways to reduce time, identify the best food choices and save money during your shopping trip to the grocery store.*

**Miracle Mart Dakota Square**  
**March 22, 2010**  
**10:00 am & 5:30 pm**

*Food sampling and food demonstrations.*

**Minot Air Force Base Commissary**  
**March 25, 2010**  
**10:00 am**

Tours will be lead by health and nutrition experts from Trinity Hospitals in partnership with Minot Air Force Base Health and Wellness Center (HAWC) and First District Health Unit. Each tour will last approximately 1 hour.

***Space is limited!***  
***Please reserve your spot today! Call Ashley at 857-5252.***

