

# Simple Meal Planning Workshop



Monday September 23<sup>rd</sup> 6pm-7pm in  
the studio/yoga room  
Healthy snacks provided  
Non-members welcome

Busy schedules making it hard to plan meals without  
going to the same few meals over and over again?  
Tempted with carry out too often?

Go home with...

- Step by step meal planning instructions
  - Fresh meal ideas
  - Back-up plans
  - Recipes to try at home
- Weekly meal planning template

\$20 per person  
Email to register

Presented by:  
Alyssa Broadwater MS, RD, LD, CSCS  
Dietitian  
alyssa@willowhp.com

