



Would you like to get more activity and also learn about proper nutrition at the same time? If so, join a registered dietitian nutritionist for a free “**Walk and Talk**” in celebration of National Nutrition Month.



When: Saturday, March 25, 2017



Where: The Connecticut Post Mall, Milford, CT

Meet up location is the food court!

Park in the green garage either lower level by Target or upper level 2 for easiest access.

Time: 8 am to 9 am

RSVP by March 23rd: info@eatrightct.org

The Connecticut Academy of Nutrition and Dietetics is a non-profit organization dedicated to improving the health of CT residents through optimal nutrition. No special diet, program, or services are promoted with this event, just our outreach to help those we serve! We thank the Connecticut Post Mall for allowing us to hold this special event!



Connecticut Post Mall

CENTENNIAL COLLECTION