

Door Prizes, Coupons, Shopping Cart Makeovers
SPACE IS LIMITED – PRE-REGISTRATION REQUIRED – CALL 1-866-609-5183



FOOD FOR THOUGHT: Your Guide to Good Health

The MaineHealth Learning Resource Center and Hannaford have joined forces to offer you this new FREE health series. Come join us to:

- *hear the latest health news*
- *learn helpful tips to make your grocery shopping easier and less stressful*
- *sample delicious healthy recipes prepared by Hannaford dining experts*

**FREE
LECTURES**



Guiding Stars®
Nutritious shopping made simple™

BonAppétite: Cooking for Healthy Bones

- *Anne LaPierre, MS, RD, LD, Hannaford Nutrition Coordinator*
- *Daniel Spratt, MD – Medical Endocrinologist*
 - **Saturday, January 19**
10:00 a.m. – 12:00 p.m.
MaineHealth Learning Resource Center – Falmouth

Heart Healthy Cooking

- *Anne LaPierre, MS, RD, LD, Hannaford Nutrition Coordinator*
- *Cardiovascular Consultants of Maine*
 - **Saturday, February 16**
10:00 a.m. – 12:00 p.m.
MaineHealth Learning Resource Center – Falmouth

Feeding a Picky Eater

Children welcomed!

- *Anne LaPierre, MS, RD, LD, Hannaford Nutrition Coordinator*
 - **Monday, February 18**
10:00 a.m. – 12:00 p.m.
Hannaford – West Falmouth Store

Healthy Eating on a Budget

- *Anne LaPierre, MS, RD, LD, Hannaford Nutrition Coordinator*
 - **Saturday, March 15**
10:00 a.m. – 12:00 p.m.
Hannaford – Forest Ave Store

Stop Diabetes Before it Stops You!

- *Anne LaPierre, MS, RD, LD, Hannaford Nutrition Coordinator*
 - **Saturday, March 22**
10:00 a.m. – 12:00 p.m.
Hannaford – West Falmouth Store

Did you know Hannaford's Nutrition Coordinators provide the following FREE services?

One-on-one consultations

Healthy Eating Store Tours

Classes on Healthy Eating