



**The Saint John Free Public Library
and Registered Dietitians present.....**

"Best Food Forward: Plan Shop Cook Enjoy!"

Thurs, March 21st

7:00-8:00 pm

**Saint John Public Library (Multipurpose Room)
Market Square**

Nutrition Month 2013 is dedicated to helping Canadians to put their best food forward when grocery shopping for healthy food. Join us to learn practical advice to eat and live well. There will be a chance for you to win a door prize and light refreshments will be served.

**Free but please Register
by phone at 643-7236 or email sjfpl@gnb.ca**

