



BETTER YOU NUTRITION

BetterYou Nutrition

A program from *Florida Blue* 

Better You Nutrition is a 5 week nutrition program with engaging activities and goal setting strategies to help you build healthy eating habits. Learn about nutrients, portion sizes, healthy grocery shopping on a budget, reading food labels and tips for healthy eating in and out of the home. Join us for a Better You.

Presented by Florida Blue and

Date:

Time:

Place:

Contact:

To register for the event, visit: