

Bee-Fit invites you to

Fall into Healthy Eating

Presentations will be led by registered dietitian Nancy Trail. Topics will include healthy food shopping, eating healthy while eating out and the fill on fiber. Employees who attend all three presentations will receive a prize from the Bee-Fit Vault! See attached for more information. RSVP to hargrovec@stlouis-mo.gov or 622-4849.

When: September 19, 26 & October 3

Time: 12-1pm

Place: City Hall, room 220
Office of Financial Empowerment

