



FREE NUTRITION WORKSHOP

3 week series

October 4th , 11th and 18th

From 2pm to 3pm

Where:

LIFTT

1201 Grand Suite #1

**Learn something new each week, from reading a
food chart to cooking a meal on a budget.**

**Attend all Three classes and receive a gift to take
home.**

For More Information Contact:

Brent at (406)294-5189 or Melissa at (406)294-5208

Classes are at no cost to the individual, donations are greatly appreciated.