

Easy, Quick & Healthy Eating for 1 or 2

Thursday,
August 18

6:30 to 8 p.m.

Franklin
Public Library

9151 W. Loomis Road
Franklin, WI

To register, call the
Franklin Health Department
at **414-425-9101** or
go to **aurora.org/events**.



You'll learn:

- Meal planning tips and food journaling
- Where to find healthy recipes
- Easy, quick & healthy meal and snack ideas
- Herbs/spices & how to use them to provide flavor

**Prizes that encourage healthy eating will be raffled off.*

*Presented by registered dietitian Heather Klug, MEd, RD, CD, of
The Karen Yontz Women's Cardiac Awareness Center.*

