



HEALTHY EATING FOR CAREGIVERS

"You, as a caregiver, can't do your best unless your body has the energy it needs from eating healthy foods three times a day." ~Frank Broyles

Tuesday, January 3
1:00 - 2:30 PM

Chisago Lakes
Community Ed
29330 Olinda Trail
Lindstrom, MN

- Identify healthy eating habits related to stress due to caregiving.
- Make plans for healthy meals and snacks.
- Explore ways to reach your goals.

Registration Preferred

Brandy Peterson (651) 213-2606 or brandy.peterson@isd2144.org