



LUNCH & LEARN

Monday, September 16th at 12:00 pm at the
Carson City TANF Office
(2310 S. Carson St. Suite 1, Carson City)

Thursday, September 19th at 1:00pm at the
Hung A Lel Ti Wellness Center
(96 D Washoe Blvd., Woodfords)

Join us for a healthy meal and discussion on healthy fats
lead by Martha Holland, Dietitian & Diabetes Educator

Questions? Call Martha at (775) 265-8621 Ext. 30305