



Balanced Diet for a Healthy Weight

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The Food Bank of Western Massachusetts offers *free* nutrition education programs to our member agencies.

When: Friday May 17, 2019

10:30AM-12:00PM

Where: Huntington Council on Aging
24 Russell Rd.
Huntington, MA 01050

Contact: Jennifer Peloquin

Phone: (413) 512-5205



Learn about:

How to satisfy your appetite and get to a healthier weight
Tips to plan nutritious, lower calorie meals and snacks
Reading food labels and choosing portion sizes

**Contact us to schedule
your free nutrition event**

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