



TRIAD

Nutrition Class:

Carbohydrates and Nutrition Facts Label

Tuesday, April 8th

11:00 - 11:45 am

Please join Registered Dietitian and Certified Diabetes Care and Education Specialists to learn more about carbohydrates and how to better read and understand a nutrition facts label!

RSVP

Contact Ryan Engel to reserve your spot!

Location

Oneida Family Fitness Center
Conference Room



A good mind. A good heart. A strong fire.