



join us for our **FREE Walkie Talkie**

SWAP
it **OUT**

featuring NMC dieticians
Margaret Spare & Mary Steinbrock

Details



Newton Medical Center
600 Medical Center Drive
South Conference Room



MONDAY, APRIL 6
12:15 p.m. Presentation
12:30 p.m. Walk



Topic: Swap it Out
A Habit for Healthy Eating

SWAP IT OUT!

Learn how to cut hidden sugar, salt, fats and costs with simple tips for replacing popular processed foods with fresh foods.

What is a WALKIE TALKIE?

NMC's FREE Walkie Talkie series pairs healthy information with healthy activity. Join us to **learn from an expert**. Then, **stretch your legs** with a walk around NMC's new Fit Trail.



Newton Medical Center

Family friendly. First class.