

# Heart Healthy Grocery Store

Join us for a guided tour of Trig's grocery store. You will learn important shopping and nutrition information that will help you lead a healthier lifestyle.

Presenter: Jennifer Mikulich, RD, CDE – Wausau Heart and Vascular Institute

Location: Trigs Grocery Store, Wausau  
110 S. 17<sup>th</sup> Ave  
Wausau, WI 54401

Dates: Jaunuary 22	6-7:30 pm
February 27	3:30-5 pm
March 19	6-7:30 pm
April 24	3:30-5 pm
May 28	6-7:30 pm
June 26	3:30-5 pm
July 23	6-7:30 pm
August 28	3:30-5 pm
September 24	6-7:30 pm
October 23	3:30-5 pm
November 26	6-7:30 pm

Cost: Free

Space is limited. Please call the Aspirus Information Center at 847.2380 or 800.847.4707.