



GROCERY SHOPPING TOUR

Join the Healthy Living Team on a stroll through the aisles. We strive to boost your confidence in navigating options for xumá ts'ám̄x (healthy foods)

DISCOVER FRESH,
DIETITIAN-RECOMMENDED
WAYS TO SHOP ON A BUDGET

MAKE THE HEALTHY CHOICE
AN EASY CHOICE

March 31, 4 - 5 PM

Sherm's Thunderbird Market in Roseburg, OR

To sign up or learn more, contact the Roseburg Cow Creek Health and Wellness Center Front Desk at (541) 672-8533, option #2