



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'ámx (healthy foods)

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

MAKE THE HEALTHY CHOICE
AN EASY CHOICE

Wednesday, April 29, 10 - 11 AM
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