FREE

6 WEEKS TO WELLNESS PROGRAM

GOT HEALTH AND WELLNESS GOALS?

Ask an expert!

The in-store nutritionist at your Giant is ready to help you hit this year's most ambitious goals.

LOSE WEIGHT | EAT BETTER | MANAGE STRESS
MEAL PLANNING | MUCH MORE

Kick-start your health and wellness goals with the nutritionist at Giant! Whether your goal is to lose weight, eat healthier or simply learn more about the role food and lifestyle plays in your wellness goals, this is the program for you. This 6 week seminar will focus on topics that affect long term wellness including nutrition, exercise, stress management, motivation, and more. Sign up today!

JILLIAN GRIFFITH, MSPH, RDN, LDN

REGISTER TODAY AT GIANTFOOD.COM/NUTRITION

ALABAMA AVE GIANT
Tuesdays at noon starting 4/9/19

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202-610-6494
1535 Alabama Ave SE,
Washington DC

Please commit to attending 5 of the 6 classes.
FREE. Registration Required.
For more information about nutrition services, visit **giantfood.com/nutrition**