Learn how to become **Supermarket Savvy** by participating in this webinar being offered to all WSHG employees.

**Supermarket Savvy**

Would you like to navigate through the grocery store and your local market with the knowledge of healthy food choices?

Participate in this webinar to learn about:

- how to read food labels.
- the benefits of eating a plant-based diet.
- building a healthy and affordable meal plan for you and your family.

**When:** Thursday, April 14, 2016  
7:00 p.m. - 8:00 p.m.

This online webinar is led by a trained health professional. Improve your health knowledge. Join today!

**Click here to register:**

**Supermarket Savvy Webinar Registration**

Please input your *name, e-mail address* (please note: this must be the e-mail address from which you will be participating in the webinar) and *WSHG Town or School* into the fields on the registration form.

After registering, additional information will be sent to the e-mail you have indicated on the form.

**Thank you and enjoy the webinar!**