



Spirit of
Women
Navigating
THE
Lunch Line

To Pack or Not to Pack?

Aug. 14

11:45AM - 1:00PM



Does your lifestyle seem to be nonstop dashing to work, picking up kids, running errands and more?

Whether you choose to “brown bag it,” drive through the fast food lane, opt for the school or work cafeteria, or sit down for a meal at a local restaurant, this educational luncheon is for you. Bring a friend and navigate your own lunch line while hearing lunch tips from Sharon Burgoyne, Registered Dietitian at Good Shepherd’s Institute for Healthy Living.

Where: Institute for Healthy Living
3133 Good Shepherd Way

Cost: \$10 Spirit of Women Member
or \$15 Non Member

Registration: Please make advanced reservations,
call 903-315-GSHS (4747) or
GSMC Education 903-315-5280

