

Monthly Wellness Seminar

Healthy Shopping Tour

For the New Year, New
You in 2017!

RSVP to Save your Spot

Thursday
January 12th
Schnucks
@ 5:30– 6:15 pm



Join City of Cape Girardeau Parks & Recreation Department with Registered Dietitian, Amanda Bruenderman as we stroll through Schnucks to learn to how to fill up your shopping cart with healthy products to start the 2017 New Year off on the right track! Don't let product confusion and tricky labels ruin your goals to keep you and your family healthy.

YOU ARE INVITED!! FREE Seminar!

Please RSVP to cjaegers@cityofcape.org



Contact Christine, Fitness & Wellness Coordinator with any questions:
Office #: 573-339-6604 ~ E-mail: cjaegers@cityofcape.org

CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

573-339-6731
www.cityofcape.org/fitness
cpaige@cityofcape.org