

## West Orange Loves Wellness



**You are invited!**

**JANUARY 11, 2017 at 11 am**

### **“GROCERY CART MAKEOVER & STORE TOUR” A SAMPLING & TASTING EXPERIENCE**

Depending on what and how much you buy, a trip to the supermarket can make or break a diet. Our “Grocery Cart Makeover & Store Tour” is a quick & easy way to learn to shop until you drop unwanted pounds, as well as bad eating habits.



**Presented by:**

**Josie Velez, MS, RD, DHCFA**

Consultant Dietitian  
WOPR Commissioner

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**REGISTER BY EMAILING : [drjosievelez@aol.com](mailto:drjosievelez@aol.com)**