

HEALTHY LIVING

Made Easy

with Bill Ackerman and Kleins ShopRite

Learn how to healthily navigate your way through the grocery store with Certified Personal Trainer, Bill Ackerman, and ShopRite! Aisle by aisle Bill will review products; teach you how to read and understand nutrition labels; discuss how to make healthy and convenient meals for dinners and packed lunches; and much more! Participants will meet at ShopRite Festival Bel Air.

COST: Members \$5/Non-Members: \$10
(Participants will receive a Shoprite Giftcard)

DAYS: 2nd and 3rd Saturday Each Month

TIME: 10:15 - 11:00 am

LOCATION: ShopRite Festival



REGISTER ONLINE AT
WWW.THEARENACLUB.COM!
410-734-7300

