

# Healthy Foods Sampler



Tuesday June 9th  
7:00-8:00 pm  
at Gault Wellness  
5269 Jonestown Rd.  
\$10.00 per person  
New Guests Welcome

RSVP by Monday June 8th  
717.657.1620

*Bring a Guest\* & Receive a Thank-you Gift*

*\*Adult 18 or over who is not a patient at Gault Wellness*

## You Are Invited

Veggies & Dip ♦ Lentil Salad & Brown Rice ♦ Fresh Watermelon

### About the Menu :

♦ Simple

♦ Inexpensive

♦ Helps with **Weight Loss**

♦ Healthy & **Delicious**

♦ **Vegetarian**—combines legumes & whole grain for complete protein

♦ **Natural Ingredients**—available at most grocery stores