

2014 Heart Healthy Grocery Store Tours

Join us for a guided tour of Trig's grocery store. You will learn important shopping and nutrition information that will help you lead a healthier lifestyle.

Presenter: Jennifer Mikulich, RD, CDE – Aspirus Heart and Vascular Institute

Location: Trigs Grocery Store, Wausau
110 S. 17th Ave
Wausau, WI 54401

Dates:	Tues., January 21	6-7:30 pm	Tues., July 22	6-7:30 pm
	Wed., February 26	3:30-5 pm	Wed., August 27	3:30-5 pm
	Tues., March 18	6-7:30 pm	Tues., September 23	6-7:30 pm
	Wed., April 23	3:30-5 pm	Wed., October 22	3:30-5 pm
	Tues., May 27	6-7:30 pm	Tues., November 18	6-7:30 pm
	Wed., June 25	3:30-5 pm		

Cost: Free

To register for a tour, call the Aspirus Information Center at 715.847.2380 or 800.847.4707.