



Join Kate for an

# "Eat This, Not That"

wellness class

**ONLY \$5.00!!**

Tuesday, June 27th | 5:30-6:30 pm  
Leawood Hen House conference room  
Sign up & pay at Guest Service

**Learn some of the healthiest choices for the most common grocery items you buy, tips on label reading, and healthy swaps. Class includes tastings!**



\*Class limited to 8 participants. If you are unable to make this time but are still interested in the class, please let Guest Service know or email Kate at [kate.lesnar@ballsfoods.com](mailto:kate.lesnar@ballsfoods.com). More classes will be provided if there is enough interest.