

# HEALTH EDUCATION SERIES

# **Free Event!**

*Featuring Guest Presenter:*

**Kara Jo Herndon, Registered Dietician**

Public Health - Idaho North Central District

*Topic:*



**ENJOY THE TASTE  
OF EATING RIGHT  
ON A BUDGET**

**March 6, 2014**

**6:00 p.m.**

**Snake River Community Clinic**

**215 10th Street, Lewiston**



Eat smaller portions. Learn what a serving size is for different foods and how many servings you need in a meal. Source: Centers for Disease Control and Prevention.



**Public Health**  
Idaho North Central District

For more information, contact Deb Merica at  
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[www.idahopublichealth.com](http://www.idahopublichealth.com)