

# BITE OF 20/20



**WEDNESDAY,  
APRIL 30**

**6-7:30 PM  
DECATHLON ROOM  
\$25 per person**

**Think healthy food can't be quick and tasty? Or are you lacking quick meal and snack ideas that fit your healthy lifestyle? Then this is the class for you! Come and join our 20/20 Lifestyles dietitians to sample a variety of food products from local grocery stores and learn how to assemble quick meals and snacks.**

***Registration deadline: Monday, April 21***

Program Code: 15155

**SIGN UP TODAY AT 20/20 LIFESTYLES CONCIERGE DESK, OR CALL (425) 861-6258.**

**For more information, please contact:**

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(425) 861-6258, [klau@2020lifestyles.com](mailto:klau@2020lifestyles.com)



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