

JOIN US FOR

# FREE Nutrition Classes

*'This is a wonderful service for  
our patients'.*

- Dr. Lyndsey J. Day, M.D.

**BUY EAT LIVE  
HEALTHY**

in partnership with



**the group**

Obstetrics & Gynecology Specialists, P.C.



## WE CAN HELP:



Save money — shop  
and waste less food



Save time — at the  
store and in the kitchen



Learn to make easy and  
low-cost meals.



Help picky eaters —  
try new foods

## JOIN US:

JAN 18 – MAR 8

TUESDAYS 4:30 – 5:45 PM

5350 EASTERN AVE.,  
DAVENPORT



## SIGN UP NOW!

To register and for more  
information contact:

Suzanne Tanner  
641-740-7391  
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Income guidelines apply.