

MCPS Well Aware and CareFirst present:

VIRTUAL Grocery Store Tour

COME LEARN HOW to easily navigate through the grocery store, read food labels effectively, try new foods, and make **HEALTHIER FOOD CHOICES.**



- **WEDNESDAY, MARCH 14, 2018**
10:00–11:00 a.m.
West Farm Bus Depot
11920 Bournefield Way
Silver Spring, Maryland 20904
- **THURSDAY, MARCH 15, 2018**
4:00–5:00 p.m.
Webinar
- **WEDNESDAY, MARCH 21, 2018**
10:00–11:00 a.m.
Shady Grove Bus Depot
16651 Crabbs Branch Way
Rockville, Maryland 20855

Please register for the seminar or webinar by e-mailing **Well Aware** with the date and time you plan to attend. If you register for the webinar, you will receive a link in your Outlook e-mail as well as an Outlook calendar reminder.



ROCKVILLE, MARYLAND