



Free Healthy Living Demos & Classes at Hannaford

In-Store Healthy Educational Demos:

Stop by to receive Nutritious Samples

Recipe Ideas, Coupons & Fun Food Facts!

No Need to register- Stop by the floor Table

New Year, New You - Healthy Weight Loss

Monday January 2 2:30pm - 5:30pm

S.Burlington Hannaford, 218 Hannaford Drive

Achieve a Healthy Weight in the New Year

Friday January 6 2:30pm - 5:30pm

S. Burlington Hannaford, 217 Dorset Street

Simply Healthy Meal Planning for Weight Loss

Monday January 9 3:00pm - 6:00pm

S.Burlington Hannaford, 218 Hannaford Drive

Or

Friday January 13 2:30pm - 5:30pm

S. Burlington Hannaford, 217 Dorset Street

Snacks to Help Keep You on Track for Weight Loss

Monday January 16 1:30pm - 4:30pm

S.Burlington Hannaford, 218 Hannaford Drive

Or

Friday January 20 2:30pm - 5:30pm

S. Burlington Hannaford, 217 Dorset Street

Making Weight Loss Easier

Sunday January 22 10:30am - 1:30pm

S.Burlington Hannaford, 218 Hannaford Drive

Or

Friday January 27 11:30am - 2:30pm

S. Burlington Hannaford, 217 Dorset Street

Think your Drink!

Monday January 30 3:00pm - 6:00pm

S.Burlington Hannaford, 218 Hannaford Drive

Free Healthy Living Class:

(Please Register as Indicated)

Making Weight Loss Simple

Monday January 16 5:30pm - 7:00pm

S.Burlington Hannaford, 218 Hannaford Drive

Call to Register (802) 864-0105 or

Sign Up at the Customer Service Desk

Healthy Snacks Store Tour

Learn how to find healthy alternatives to satisfy your cravings!

Friday January 20 11:30am - 12:30pm

S. Burlington Hannaford, 217 Dorset Street

Call to register (802) 863-6311 or

Sign up at the Customer Service Desk

Achieve or Maintain a Healthy Weight - Tips to Get Started

Want to lose weight but don't know where to start? This class will help stir you in the right direction with nutrition and exercise tips. Class includes a store tour.

Friday January 27 4:30pm - 6:00pm

S. Burlington Hannaford, 217 Dorset Street

FREE samples are given out at every class. All classes are taught by a Registered Dietitian.

For more information on our demos & classes, go to hannaford.com/healthy

Sign up for our healthy living email at hannaford.com/email

Did you know...that you can arrange a time for you or a group to take a personal Nutrition Walk with a Registered Dietitian through the aisles of your local Hannaford? Our Nutrition Coordinators will teach you how to read labels, find nutritious foods easily with the Guiding Stars program, and develop a menu that is healthy and within your budget. Call one of our stores listed in this ad to arrange a tour.

Nutrition classes sponsored by:

