



The Multiple Sclerosis Achievement Center invites you to participate in a four week virtual educational series:

## Nutrition Wellness Series - Virtual

Join us for a four week virtual educational series dedicated to nutrition for the Lincoln community. Healthier eating doesn't have to be hard. Join us as we talk about strategies to make healthier food and drink choices on a day-to-day basis through label reading and planning.

**Program: 1:00pm-2:00pm**

### **Mondays**

**October 12<sup>th</sup>**

**October 19<sup>th</sup>**

**October 26<sup>th</sup>**

**November 2<sup>nd</sup>**

### **Facilitated By:**

**Zoe Edwards, MS**

Outreach Education Coordinator

MS Achievement Center

\$25 fee for all four sessions, fee can be mailed to:

MS Achievement Center, Suite 108  
7777 Greenback Lane  
Citrus Heights, CA 95610

*Registration is required and a ZOOM link will be emailed to registrants. Space is limited. Please register by **October 5<sup>th</sup>**.*

**To register, please email Lacey Sayre  
Lacey.Sayre@dignityhealth.org or call 916.453.7966**

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