



EVERY OTHER MONTH **BRAVE GROCERY TOURS**

Kindred Nutrition understands all that encompasses the individual recovering from an Eating Disorder. We believe education and support is an important necessity to your care. Becca Ridenour RD, LDN and Amy Goldsmith RD, LDN are proud to announce our BRAVE Grocery Tours which will meet every other month to learn how to navigate the grocery store, discuss supermarket myths, and provide ideas of products that can nourish the body and assist with recovery. This is a class for clients in recovery and will be prescribed by our dietitians.



**Individual or
Classes TBA Re-
launching
September 2018**

**\$20.00 per class
or included in your
package**

Location TBA

KINDRED NUTRITION

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Sign up [here](#)