

GOOD FOOD GROWN LOCALLY

The Health Benefits of Local Food PLUS Nutrition Advice and Menu Planning!

Join New London Hospital and the Wellness Connection for an interactive panel discussion on eating well and how locally grown food can bring even more health benefits to your table.

YOU'LL LEARN

- Importance of eating healthy
- Benefits of purchasing locally grown food
- Available local resources— farmers markets, food stands, CSAs and more
- Healthy menu planning with food you'll enjoy
- How to eat well on a budget
- State programs that are improving the access to healthy foods

PANELISTS

Elke Melody

RDN, LD, New London Hospital

Garret Bauer

Kearsarge Food Hub/Sweet Beet Farm Stand

Alyssa Lemmermann

Merrimack County Conservation District

Tuesday, July 12

Whipple Hall | 429 Main St, New London, NH

6:00 – 7:30 PM

*FREE Bag of Sample Vegetables
with Recipe Card!*

Space is limited.

RSVP by July 11 to

**wellnessconnection@newlondonhospital.org
or 603-526-5093.**



**NEW LONDON
HOSPITAL**

A Dartmouth-Hitchcock Affiliate

