



web series 1

STOCK UP FOR SUCCESS

WITH LAUREN CHAVES
RD, LDN

LEARN THE BASICS:

Kitchen tools

Ingredients

Pantry staples

THE DETAILS

THURSDAY, JUNE 23 | 7PM CST

VIA WEBINAR

<https://zoom.us/j/980365138>

CHECK OUT OUR EVENTS CALENDAR
FOR MORE INFORMATION
[NUTRITIONCONNECTIONBALANCE.COM](https://www.nutritionconnectionbalance.com)