



The ***Mary and Martha Sisterhood*** of Peace of Christ Parish invite you to a presentation on nutrition on ***Wednesday, Dec. 5, at 10:30 AM*** in the parish conference room at St. Ambrose. Barbara Bruce, nutritionist, will be our presenter. In our current culture, when making diet choices, it is sometimes easier just to grab what is quick and easy. Instead take this opportunity to learn about what foods are best to keep us healthy and what we should avoid. Please bring specific questions that will assist all of us in making better choices. If you have any questions, please call Peggie Clark at 347-4819 or if you need a ride, we will try to facilitate that.