



6 WEEKS TO WELLNESS PROGRAM

GOT HEALTH AND WELLNESS GOALS THIS YEAR?



Ask an expert!

The in-store nutritionist at your Giant is ready to help you hit this year's most ambitious goals.

LOSE WEIGHT | EAT BETTER | MANAGE STRESS MEAL PLANNING | MUCH MORE

This 6-week FREE seminar addresses long-term wellness topics including nutrition, exercise, stress management, motivation, and more. Classes are held once a week at your Giant.

MIN KRISHNAMURTHY, MS, RD

**SIGN UP TODAY WITH YOUR
IN-STORE NUTRITIONIST!**

POTOMAC YARD GIANT
Thursdays at 6pm starting 1/17

min.krishnamurthy @giantfood.com

(571) 777-2459
621 East Glebe Rd, Alexandria, VA

Please commit to attending 5 of the 6 classes.

For more information about nutrition services, visit giantfood.com/nutrition



WELLNESS WALK

JOIN THE IN-STORE NUTRITIONIST AT GIANT

Tour meets at the customer service desk 5 minutes before start time.



GIANTFOOD.COM/NUTRITION

“BEST OF THE AISLES” STORE TOURS | QUICK AND EASY MEALS | HEALTH GOAL SETTING | NUTRITION ADVICE | NEW PRODUCTS AND TASTINGS

TO REGISTER CONTACT

MIN KRISHNAMURTHY

min.krishnamurthy@giantfood.com | (571)-777-2459

4th Wednesday of every month
1/23 . 2/27 . 3/27 . 4/24 . 5/22 . 6/26

10am	Alexandria Commons Giant	3131 Duke Street, Alexandria, VA 22314
1pm	Virginia Square Giant	3450 Washington Boulevard, Arlington, VA 22201
6pm	Potomac Yard Giant	621 E Glebe Road, Alexandria, VA 22305

INCLEMENT WEATHER POLICY

Program will not be held in inclement weather. Cancellations will be communicated via email and/ or text to all registered participants.