



The Essence of

Eating Well

March 29

6:30-8:00 pm

**\$10 for Members and
Non-members**

The better the food tastes, the more you know about it and share a connection to what you are about to eat, the more nourishing it will be. Lex Alexander, founder of Wellspring Grocery, believes in eating well and appreciating your food. He believes in the essence of eating well. This presentation will discuss Lex's experiences and insight from his history with the grocery aisles and his view of food and health.

All proceeds for this class will be donated to the Carrboro Farmer's Market



UNC
WELLNESS CENTERS
MEADOWMONT