



Join Jill Patterson,  
award-winning  
registered dietitian,  
nutritionist, certified  
personal trainer and  
group fitness  
instructor for these  
engaging *virtual  
workshops*

## **Saving at the Supermarket**

**Tuesday, October 18 | 12:30 PM**

Discover how to slash your grocery bill while  
eating nutritiously and boosting energy

## **Eat This Not That**

**Tuesday, November 1 | 4:30 PM**

Learn simple dietary tweaks to improve  
immunity, energy and overall well-being

***Presented by the Greenburgh,  
Harrison, Somers, Tuckahoe  
and Yonkers-Grinton I. Will  
Public Libraries***



**Scan code, visit library website or  
call 914-721-8225 to register and  
receive Zoom link**

