

# TRS-ActiveCare GROCERY SHOPPING ON A BUDGET



Tune in to a wellness webinar created just for you! This presentation covers:

- nutrition basics
- how to shop for nutrient dense foods
- reading nutrition labels
- resources available to you

Register Today  
**Wednesday, March 25, 2026**

Click or scan here for  
Noon - 12:45 p.m.



Click or scan here for  
5 - 5:45 p.m.



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