

# Your Health Coach Will Be Here On:



- **Wednesday, April 22nd**
- **Presentation: Shop Smart and Meal Plan**  
*What does your shopping cart look like? Learn strategies to use while grocery shopping and tips to build healthier meals!*
- **MSU Bost Theatre**
- **1:00 – 2:00 pm**
- **Individual Health Coaching Available**

*\*All Individual Health Coaching participants will be entered into a sweepstakes drawing for a chance to win a \$100 gift card provided by ActiveHealth Management*

**Presented by:** Patricia Heflin, MS, RDN, LD

*Your Onsite Health Coach -*

I am a licensed, registered dietitian who is excited about sharing my knowledge of health and wellness with others. With a M.S. degree in nutrition, I have a strong background in community nutrition and public health and enjoy engaging participants in setting and achieving new health and wellness goals. I find great joy and fulfillment in empowering others with the knowledge they need to improve their health. A favorite quote that I have discovered recently states "the greatest medicine of all is to teach people how not to need it." Those words ring so true in that we can take charge of our health when we are given the tools and knowledge to make healthy lifestyle changes.



**Speak with a health coach toll-free:**

**1-866-939-4721**

Monday – Friday, 8:00 am – 8:00pm, CST  
And Saturday, 8:00am – 1:00pm, CST, or visit:

**[www.MyActiveHealth.com/Mississippi](http://www.MyActiveHealth.com/Mississippi)**

