

CAFE BREATHE

Whether you're managing your condition or simply looking for a community of understanding individuals, we're here for you!



Topic: Nutrition 101 with Hannaford Dietitian

Speaker: Marilyn Mills, MS, RD, LD,CDE



February 11, 2026



10:30 AM-12:00 PM



145 Hollis Street, Unit C,
Manchester, NH 03101

603-669-2411

breathenh.org

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 **Breathe**[®]
NEW HAMPSHIRE
Improving lung health since 1916



simply healthy

from your Hannaford Dietitian

Join Hannaford Dietitian Marilyn Mills for an interactive nutrition class at Cafe Breathe



Date: Wednesday, February 11, 2026

Time: 10:30 AM - 12:00 PM

Location: Breathe NH office 145 Hollis Street, Unit C, Manchester

Topics:

- Best beverages for breathing (type, temperature, flavorings and sweeteners)
- Reading food labels (sodium, fiber, less sugar and Guiding Stars®)
- Quick and Easy Meal Ideas (strong + bright + whole)
- Budget Friendly options and Time-Saving to spare your energy

For more information, contact: Allyssa Thompson at 603.669.2411

Interested in learning more?

Our registered dietitians offer free nutrition education in-store and online. They can give you the information you need to make the healthy lifestyle changes you want. For free nutritional advice, you can contact your Hannaford Dietitian or email a private message to our online registered dietitian at dietitian@hannaford.com.

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