



# Top Chef Mentors Event

**Come ready to learn about  
planning & eating healthy  
meals...**

**And then we eat** 😊

Join us on Saturday April 23rd  
From 11:00am to 1:00pm  
1080 S. 10th Tucson, AZ 85701

RSVP by April 18th to:  
[mary.mcguire@mentoringtucsonskids.org](mailto:mary.mcguire@mentoringtucsonskids.org)  
or  
(520) 403-1995

Hosted by Janet Neustedter with Here4you  
health coach (and she's one of our Mentors  
too) 😊