

Hormel Historic Home Packed with Protein



A Harvest Fest Stop

Sat., Sept. 15

10 a.m. - 2 p.m.

FREE

Featuring family friendly
presentations by

Jen Haugen, Registered Dietician,
Author and Pampered Chef

Consultant



The Benefits of Protein in Your Diet

10:30, 11:30 and 12:30

Ongoing hands on stations throughout event

Rainbow Yogurt Parfaits and Deli Roll Ups

To Register for the Harvest Fest 5k or more details
go to the Mower Refreshed Facebook Page

Hormel Historic Home ~ 208 4th Ave. NW ~ Austin, MN 55912

www.hormelhistorichome.org ~ 507-433-4243

