



7 HEALTH BENEFITS OF EATING **WALNUTS**



- 1 Rich in antioxidants
- 2 May boost mood
- 3 Associated with lower rates of heart attack
- 4 Supports gut health
- 5 Supports healthy weight management
- 6 Linked to longer lifespan
- 7 Can help improve memory

Dr. Tricia Pingel



Watermelons will be here in July

Walnuts

Fresh Local Organic Milk

Local Duck and Chicken Eggs

