

Meal Prep Now Wednesdays and Fridays

Beginning this week meal prep services will be provided for 2 people on Wednesdays and 2 additional people on Fridays @ 4pm in NYCFC.



Each person will receive their own meal prep which consists of 7 lunches, 7 dinners, and snacks for the entire week.

**If interested please contact HFN staff @ 360-455-5213
or healthfitness @nisqually-nsn.gov**