Eat Healthy • Be Active
Community Workshops

Based on the Dietary Guidelines for Americans 2010 and 2008 Physical Activity Guidelines for Americans

Cottonwood Public Library
1-2:00 pm
September 4th + 5th
September 11th + 12th
September 17th + 20th

Contact 928-445-6590 to register!

Be Active, Healthy, and Happy!