



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!

