

EATING SMART BEING ACTIVE

FREE WEEKLY CLASS
TUESDAYS ON ZOOM
12:00 - 1:30 PM

- For parents/guardians of children ages 0-5.
- Learn tips to shop healthier, plan delicious meals, get active and make changes towards a healthier lifestyle for you and your family.



CLASS DATES

Nov 17	Dec 8	Dec 29
Nov 24	Dec 15	Jan 5
Dec 1	Dec 22	

For More Information, Contact **Melody Thomas**
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