

# EATING SMART, BEING ACTIVE

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## FREE 9 WEEK CLASS

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

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TEACHING LITTLE ONES TO EAT HEALTHY AND PLAY AT A YOUNG AGE CAN LEAD TO LIFELONG HEALTHY HABITS.

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