



# Eating Smart, Being Active

FREE 9 WEEK CLASS

- **Start Date: January 7, 2022**
- **Time: 5 P.M.**
- **Where: Virtual Zoom Class**

- **For parents/guardians of children ages 0-5 that live on the San Carlos Reservation.**
- **Learn tips to shop healthier, set goals, plan delicious meals, get active and make changes towards a healthier lifestyle for you and your family.**

**For more information contact**

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Visit our website at

<https://extension.arizona.edu/san-carlos-nopa>



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



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