

# EATING SMART BEING ACTIVE

## FREE WEEKLY CLASS

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



## TUESDAYS ON ZOOM

**Date: January 14<sup>th</sup>, 2021**

**Time: 6 P.M. – 7:30 P.M.**

For More Information

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