



# Eating Smart, Being Active

## FREE 9 WEEK 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 Virtual class information or for more information contact

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Visit our website at

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

- Start Date: January 4th, 2022
  - Time: 9:30 A.M. - 11:00 A.M
  - Where: Burdette Hall
- Start Date: January 6th, 2022
  - Time: 5 P.M.- 6:30 P.M.
  - Where: Virtual
- Start Date: January 3, 2022
  - Time: 5:30 P.M. - 7 P.M.
  - Where: Virtual



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



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