Eating Smart, Being Active
FREE 9 WEEK CLASS

- Start Date: February 1, 2022
  - Every Tuesday; Weekly
  - Time: 9:30 A.M.- 11:00 A.M.
  - Where: Burdette Hall

- 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-nopag