Eating Smart, Being Active
FREE 9 WEEK CLASS

• Start Date: February 3, 2022
  ◦ Every Thursday; Weekly
  ◦ Time: 5 P.M.– 6:30 P.M.
  ◦ Where: Virtual

• 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
Melody Thomas
Email: mgthomas@arizona.edu
Phone: 928-978-2620

Visit our website at
https://extension.arizona.edu/san-carlos-nopa