FREE CLASS
EATING SMART BEING ACTIVE

Location: Public Health Nursing
(Where WIC is located)
Time: 11:30 A.M.-1 P.M.

Free 5 Week Program

week 1 Welcome & Get Moving!
week 2 Plan, Shop, $ave and Fruits & Veggies
week 3 Grains and Protein
week 4 Make a Change & Build Strong Bones
week 5 Celebrate!

Date:
November 9, 2022
November 16, 2022
November 23, 2022
November 30, 2022

Teaching little ones to eat healthy and play at a young age can lead to lifelong healthy habits.

These classes are for parents/guardians and care providers of children ages 0-5 that live on the San Carlos Apache Reservation.

More Information:
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