

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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