Eat Right for Life!

Healthy Families=Happy Families

Funded by:

FIRST THINGS FIRST
Ready for School. Set for Life.
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Eat Right for Life!
Healthy Families=Happy Families!

What is it?
This program aims to provide parents of children 0-5 with the knowledge and skills to assist them in making smarter decisions about nutrition.

Brought to you by First Things First, the classes are offered at no cost to parents. Every workshop will cover a separate healthy eating habit and cooking tip.

Workshop Specifics:
The workshops will focus on time and money saving tips and each session will have new recipes, with hands-on-cooking opportunities, and healthy lifestyle tips that are kid friendly.

Workshops are held in Heber-Overgaard, Holbrook, Show Low, Snowflake, Pinetop-Lakeside, Claysprings, Woodruff, St. Johns, Concho, Vernon, and Springerville. You are welcome to attend any location!

Please contact Margine @ 928-337-2267, Jodie @ 928-551-4828, or Brenda @ 928-242-0796 if you would like more information.

“We believe that you are helping to make a difference in the lives of families in this community.”

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