

# Eat Healthy, Be Active

Spring 2019

Join us for a 4 part workshop series based on current dietary and physical activity guidelines.

All workshops will take place 3:15-4:10pm

College Nutrition 101

Feb.  
27

Exercising as a  
College Student

March  
20

Eating Healthy on  
a Budget

April  
10

Eating Healthy and  
Saving Time

May  
1

Healthy snacks will be provided at every workshop\* and a Certificate of Completion is given to participants who attend all 4 sessions.

\*while supplies last



Student Health Center Room 210



[www.calstatela.edu/studenthealthcenter/events](http://www.calstatela.edu/studenthealthcenter/events)



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