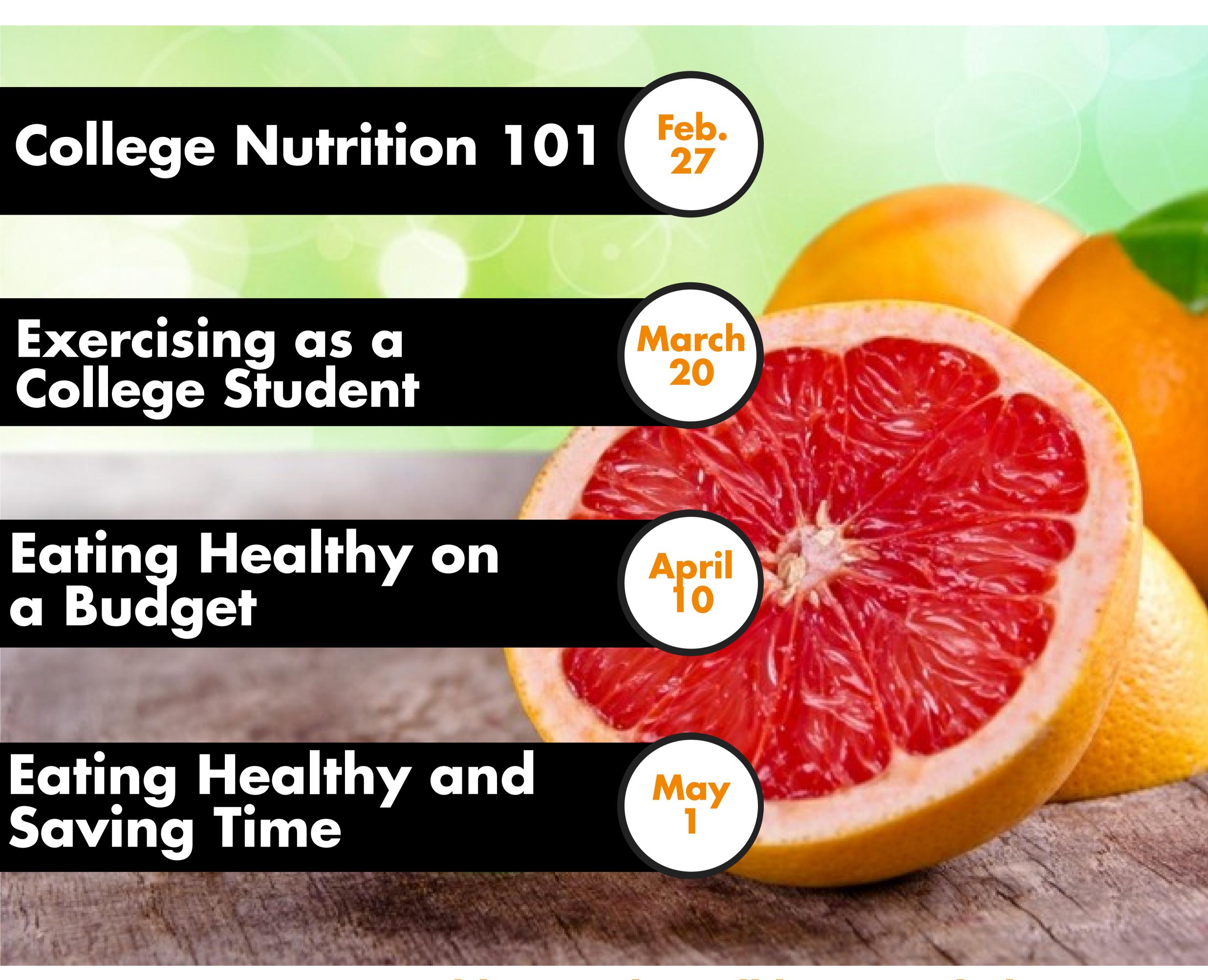
## Eat Healthy, Be Active

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



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







