

EAT BETTER AND MOVE MORE!

with EFNEP

Join our FREE nutrition & life skills class series



Learn how to

- Save money while grocery shopping
- Plan family meals
- Make quick, easy and healthy meals
- Make healthier food choices when eating out
- Add more physical activity in your day

Attend all 9 classes and receive

- Certificate of Completion
- Kitchen supplies
- Cookbook

Sign-up today!

Contact: