

WOULD YOU LIKE TO LEARN MORE ABOUT HOW YOU
AND YOUR FAMILY CAN *EAT SMART AND MOVE MORE?*

Faithful Families



classes are coming soon!

These classes will help you to:

- *Learn* how to plan, shop for, and prepare healthy meals for your family
- *Discover* delicious, healthy, family-friendly recipes
- *Explore* simple ways to be physically active during the day and in your faith community
- *Talk* about the connections between food, physical activity and faith

Dates/times for classes: _____

To sign up, contact: _____