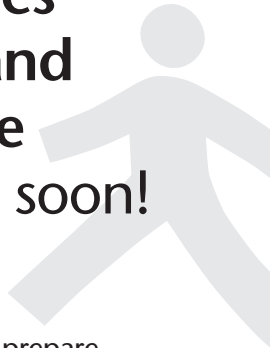




Would you like to learn more about how you and your family can *Eat Smart and Move More*?

Faithful Families Eating Smart and Moving More classes are coming soon!



These classes will help you to:

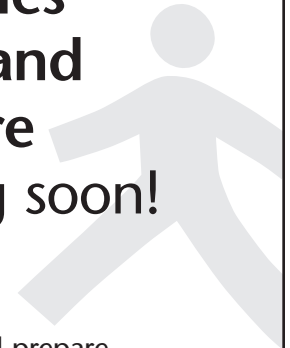
- *Learn* how to plan, shop for, and prepare healthy meals for your family
- *Discover* delicious, healthy, family-friendly recipes
- *Explore* simple ways to be physically active during the day and in your faith community
- *Talk* about the connections between food, physical activity and faith

To learn more, contact:



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Interested in joining a group where you will get hands-on cooking techniques, physical activity ideas, and lively discussion around health and faith?

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