

# Make Healthy Changes



FREE Nutrition Education

## Join the Class!

**TOPICS:** Get Moving!, Plan Shop and Safe, Fruits and Veggies: Half Your Plate, Make Half your Grains Whole, Build Strong Bones, Go Lean with Protein, Make a Change, Celebrate!



**Place:** Healthy Start Fam. Ctr. Rm # 130  
Eliot Arts Magnet Academy



**Address:** 2184 N. Lake Ave.  
Altadena, CA 91001

**Date:** **Wednesday!**  
1/17, 1/24, 1/31, 2/7  
2/14, 2/21, 2/28, 3/7, 2018.

**Time:** 8:15 A.M. – 10:00 A.M.

**Contact:** Stella Franco-Allen

**Tel:** (626)396-5680 X 70128



Participants will receive incentives, food tastings, and a certificate of completion from the University of California after completing the classes.

**University of California**  
Agriculture and Natural Resources

**Expanded Food and Nutrition Education Program**

*Making a Difference  
for California*

HEALTHY COMMUNITIES