

Eat Healthy Be Active

Community Health Workshops



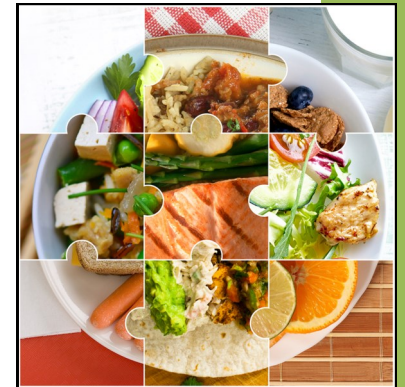
Are you:

- Confused about how to eat healthy?
- Worried about making healthy food choices for your family?
- Tired of giving up on your exercise routine?



We can help you:

- Identify what creates a healthy lifestyle
- Become a nutritious food detective
- Prepare flavorful healthy meals and tasty snacks
- Be a smart and savvy shopper on a budget
- Discover how mindfulness & meditation can benefit your health
- Make exercise fun
- Improve your English while you learn



Classes include food tastings and field trips!



**6 Saturdays:
9 am – 1pm
February 22, 29
March 7, 14, 21, 28
Cost: FREE**



Register online at www.sanmateoadulted.org/programs/community-classes/community-health

789 E. Poplar Avenue, San Mateo

Questions? Email Stephanie Kriebel at skriebel@smuhd.org