

JAN/FEB 2015
PLEASE JOIN US

Topic: Get Moving

TU, Jan 6 @ 9:30-10:30a

OR

TH, Jan 8 @ 5:30-6:30p

Topic: Plan, Shop & Save

TU, Jan 13 @ 9:30-10:30a

OR

TH, Jan 15 @ 5:30-6:30p

Topic: Vary Your Veggies

TU, Jan 20 @ 9:30-10:30a

OR

TH, Jan 15 @ 5:30-6:30p

**Topic: Make Half Your
Grains Whole**

TU, Jan 27 @ 9:30-10:30a

OR

TH, Jan 29 @ 5:30-6:30p

Topic: Build Strong Bones

TU, Feb 3 @ 9:30-10:30a

OR

TH, Feb 5 @ 5:30-6:30p

**Topic: Go Lean with
Protein**

TU, Feb 10 @ 9:30-10:30a

OR

TH, Feb 12 @ 5:30-6:30p

Topic: Make a Change

TU, Feb 17 @ 9:30-10:30a

OR

TH, Feb 19 @ 5:30-6:30p

**Topic: Celebrate! Eat
Smart**

TU, Feb 24 @ 9:30-10:30a

OR

TH, Feb 26 @ 5:30-6:30p

Eating Smart Being Active



CHAMPIONS
for CHANGE™

San Joaquin County Public Health Services will be offering **FREE** Nutrition Classes!



You will learn to:

- ◆ Prepare new healthy recipes!
- ◆ Make your food dollars count!
- ◆ Understand food labels!
- ◆ Eat more fruits and vegetables!
- ◆ Increase Physical Activity!
- ◆ **FREE** cookbooks and healthy living tools!

Don't miss out on these exciting classes!

**No registration required and drop-ins
welcome at any class!**

Please Join us at:

STRIBLEY COMMUNITY CENTER

1760 E. Sonora St.

Stockton 95205

For more info call today: (209) 468-3821

SAN JOAQUIN COUNTY

Public Health Services

Healthy Future

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.