

Monthly Nutrition Workshop Series

Learn how you and your family can eat healthy and stay active over the course of 7 virtual workshops.



Make Quick, Healthy Meals

Practice Food Safety

Buy Food Safely

Enjoy Physical Activities

And more health & nutrition topics!



Please make sure to log in to see which Wednesday it will take place.



Wednesday from 6pm- 7pm
Starting on November 12th

To register,
scan the QR
code or
visit
bit.ly/NWs

