



FREE WEBINAR

Healthy Habits, Healthy Families is a free webinar and parent information night. Speakers will review the new 2020 nutritional guidelines, talk about the connection between good nutrition, physical activity and a student's ability to learn, and provide resources for families to make inexpensive, healthy meals.

Free cookbooks will be available while supplies last.



DATE: May 11, 2021
TIME: 7 p.m.



FORMAT: Zoom
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