

FREE ONLINE Wellness Workshops



JOINT INITIATIVES for
YOUTH & FAMILIES



Alliance
for Kids



The
Integrated Nutrition
Education Program
El Programa de Educación sobre Alimentación Integrada

Join us for six free & fun ONLINE workshops about health, nutrition and staying active. This class is for teachers, directors and parents. Teachers can earn 6 hours of professional development points under Safety and Nutrition.



Recipes

Conversations

Tips

Weekly Workshop Topics:

1. Staying Active as a Family
2. Helping Children Eat Well
3. Eating Together
4. Choosing Better Drinks
5. Fruits & Vegetables
6. Celebrating Family Health

Dates: Wednesdays, July 7 – August 11

Time: 12:30-1:30 pm

For more info text or call Melissa McMartin (719) 332-3465



SNAP-Ed
Division of Food & Energy Assistance

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This institution is an equal opportunity provider.

Talleres de bienestar para padres GRATUITOS EN LINEA



JOINT INITIATIVES for YOUTH & FAMILIES



Younger. Healthier. Happier.



The Integrated Nutrition Education Program
El Programa de Educación sobre Alimentación Integrada

Acompáñenos a seis talleres divertidos y gratuitos EN LINEA sobre salud, nutrición y como mantenerse activo en familia.



Recetas



Conversaciones



Consejos

Temas semanales de los talleres:

1. Mantenerse activo en familia
2. Ayudar a que los niños coman bien
3. Comer juntos en familia
4. Elegir mejores bebidas
5. Frutas y verduras
6. Celebrar la salud familiar

Fechas: Miércoles Abril 28 – Junio 2

Hora: 12:30-1:30 pm

Para mas información, llame o mande mensaje de texto a:
Brenda Mendoza al (720) 767-0039