

Together in... prevention

"choose to
make a
difference"



Healthy Eating & Active Lifestyle Classes

Do you need help eating healthier and getting more exercise?

Then come learn how to:

- Plan tasty meals with more fruits, vegetables and whole grains
- Read a food label and choose healthy foods
- Make easy and healthy snacks that kids will eat
- Save time and money when cooking and shopping
- Do easy and safe exercises the whole family can try
- Reach your fitness goals and stay active for life

Feel free to bring your spouse, child or friend.

When:

Classes are offered every month. To learn about class dates, times and locations, call Kern Family Health Care at **1-800-391-2000** and ask for the Health Education Department.

Space is limited. Call to reserve your space in a class today!

Classes
are free and open
to the public.

800-391-2000
kernfamilyhealthcare.com



You can also
earn prizes!

