



Free Nutrition Education Classes!

Available for parents and caregivers of children (ages 6 to 11 years)

Researchers from the University of Florida and the UF/IFAS Extension Family Nutrition Program (FNP) invite you to a live online program. Learn tips and strategies for creating a happier, healthier home and lifestyle.

General information:

- For SNAP-eligible parents and caregivers of 6 to 11 year-olds
- Join by computer, phone, or tablet
- 6 weekly classes
- Taught live on Zoom by FNP nutrition educators
- Includes discussions and activities
- Benefits:
 - Colorful guides available to each participant in advance
 - Participants will receive up to \$110 in electronic gift cards for their time

Class schedule:

- **Tuesday Evenings – 6:30pm-7:15pm**
- April 12, 2022
- April 19, 2022
- April 26, 2022
- May 3, 2022
- May 10, 2022
- May 17, 2022

To sign up, contact:

- Anna Brooks, Nutrition Educator in Leon County
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 - (850) 606-5233

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