



University of California
Agriculture and Natural Resources
Nutrition Education

Would you like to make good nutrition your mission?

Join us every week for FREE nutrition workshops.

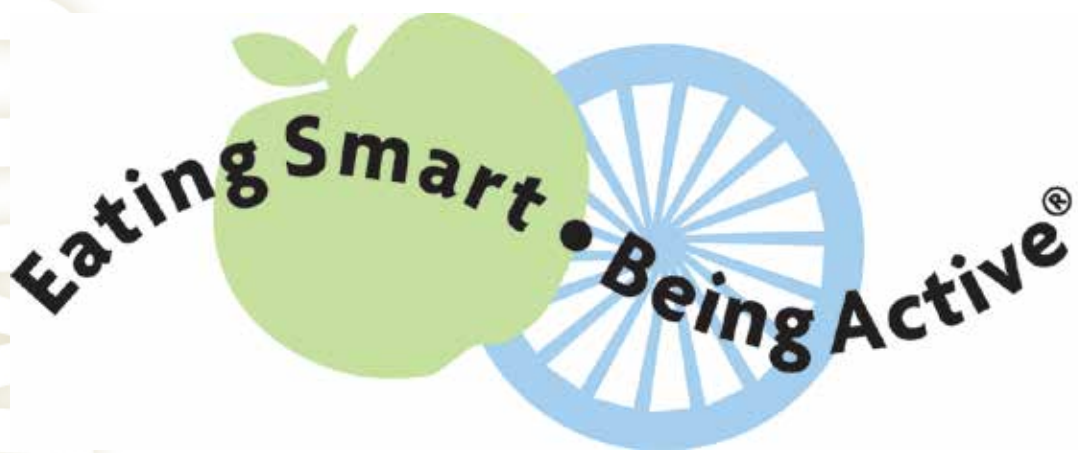
Where: Live Violence Free 2941 Lake Tahoe BLVD.

When: Every Monday @ 10:30 am
Starting July 7, 2014



Eating Smart Being Active Workshops

- July 7th-Get Moving!!
- July 14th -Plan, Shop, \$ave
- July 21st -Vary Your Veggies...Focus on Fruits
- July 28th -Make Half Your Grains Whole
- August 4th - Build Strong Bones
- August 11th - Go Lean With Protein
- August 18th -Make a Change (oils, sugar and salt)



*Tasting in every class!
Class incentives provided*

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*Making a Difference
for California*

HEALTHY COMMUNITIES