

Children's Board Family Resource Centers in Brandon

Nutrition Workshops

HEALTH & SAFETY



Adults: Come join us each week for a fun, interactive, hands on presentation to help you and your family get on the road to better health. You will be able to attend six different Nutrition Workshops while your kids enjoy Get Your Fit On. A \$25 Publix Gift Card will be raffled off each week.

Kids: Get Your Fit On for children K-5th grade is an indoor class to learn the importance of physical activity and nutrition. Each week will cover various aspects of how your child can get moving, make healthy food choices and create a healthy snack. *Fun giveaway items will be handed out each week.*

These programs are taught by trained professionals from St. Joseph's Children's Wellness and Safety Center.

June 5 from 2:00 to 3:30pm
Enjoy Healthy Food That Tastes Great

June 12 from 2:00-3:30pm
Quick, Healthy Meals and Snacks

June 19 from 2:00 to 3:30pm
Eating Healthy on a Budget

July 10 from 2:00 to 3:30pm
Tips for Losing Weight and Keeping It Off

July 17 from 2:00 to 3:30pm
Making Healthy Eating Part of Your Total Lifestyle

July 24 from 2:00 to 3:30pm
Physical Activity is Key to Living Well

Registration is required.
Please call 813-740-4634.

**Children's Board Family
Resource Centers in Brandon**

Managed by The Children's Home, Inc.

**1271 Kingsway Road
Brandon, Florida 33510**



Children's Board
HILLSBOROUGH COUNTY

www.ChildrensBoard.org

**FAMILY
RESOURCE CENTERS**

Children's Board Family Resource Centers are funded by the Children's Board of Hillsborough County and administered by the Healthy Start Coalition of Hillsborough County. Managing partners include: Champions for Children, Children's Home Network, Family Community Advisory Councils, REACHUP, Inc. and St. Joseph's Children's Wellness and Safety Center.

All programs and services are at no charge to families and individuals.

www.familysupporthc.org

