

Children's Board Family Resource Centers in Central Tampa

# Nutrition Workshops

## HEALTH & SAFETY



**June 27 from 2:00 to 3:30pm**  
**Eating Healthy on a Budget**

**July 25 from 2:00-3:30pm**  
**Quick, Healthy Meals and Snacks**

**August 29 from 2:00 to 3:30pm**  
**Enjoy Healthy Food  
That Tastes Great**

**Registration is required.**  
**Please call 813-204-1741.**

**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-5<sup>th</sup> 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.*

## Children's Board Family Resource Centers in Central Tampa

Managed by REACHUP, Inc.

**1002 E. Palm Ave.  
Tampa, FL 33605**

Hours: Monday — Thursday: 9am to 6pm  
Friday: 9am to 1pm; 2nd & 4th Saturday: 9am to 1pm



Children's Board  
HILLSBOROUGH COUNTY

[www.ChildrensBoard.org](http://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](http://www.familysupporthc.org)

