

Topic: Get Moving

Tuesday, November 1
9:00—10:00 am

Topic: Plan, Shop & Save

Tuesday, November 8
9:00—10:00 am

Topic: Vary Your Veggies

Tuesday, November 15
9:00—10:00 am

Topic: Make Half Your Grains Whole

Tuesday, November 22
9:00—10:00 am

Topic: Build Strong Bones

Tuesday, November 29
9:00—10:00 am

Topic: Go Lean with Protein

Tuesday, December 6
9:00—10:00 am

Topic: Make a Change

Tuesday, December 13
9:00—10:00 am

Topic: Celebrate! Eat Smart

Tuesday, December 20
9:00—10:00 am

Eating Smart Being Active



San Joaquin County Public Health Services will be offering **FREE** Nutrition Classes!



Come Join Us! Learn to...

- ◆ Try out some healthy recipes!
- ◆ Shop and eat healthy on a budget!
- ◆ Understand a food label!
- ◆ Choose healthier foods!
- ◆ Increase your physical activity!
- ◆ **FREE** cookbooks and take-home items!



No registration required and drop-ins welcome at any class!

Please Join us at:

Public Health Services — (Conference Room)

NOTE NEW ADDRESS: 420 S. Wilson Way
Stockton 95205

For more info call today: (209) 468-8637

SAN JOAQUIN COUNTY

Public Health Services

Healthy Future