



Your Family, Your Fitness, Your Food

Sponsored by AmeriHealth Caritas Florida and Securing Our Future Initiative (SOFI)

Join AmeriHealth Caritas Partnership health educator, Glenn Ellis, MPH, CHCE as he leads a conversation on the importance of preventative health. Learn how healthy nutrition and an active lifestyle can influence healthy living by fighting certain diseases caused by an unhealthy diet and lifestyle.

VIRTUAL PRESENTATION

via Zoom

DURATION:

45 Minutes

HOSTED BY:

Glenn Ellis, MPH, CHCE

COST:

No cost. Open to the public

Thurs, April 21, 2022

5:30 PM – 6:15 PM EDT

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