

Dads - Is health and wellness important to you? Having a hard time prioritizing it? Join other Cambridge dads to talk and learn together.

CAMBRIDGE DADS HEALTH AND WELLNESS SERIES

All Dads Must Register

**Cambridge Senior
Center**

**Tuesdays
Nights**

**Event time
6pm to 8pm**

**Mar
11**

Men's Health

**Mar
25**

Nutrition

**Apr
1**

Exercise

**Apr
15**

Cooking Demo

**Apr
29**

Moving Forward

Childcare and dinner provided

**For Registration:
Cambdads@cambridgema.gov
or text
(617) 453-8725**



EST. 2014

**A Program of the Agenda for Children Literacy
Initiative and the Center for Families**