

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**



**CAMBRIDGE
DADS**

EST. 2014

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