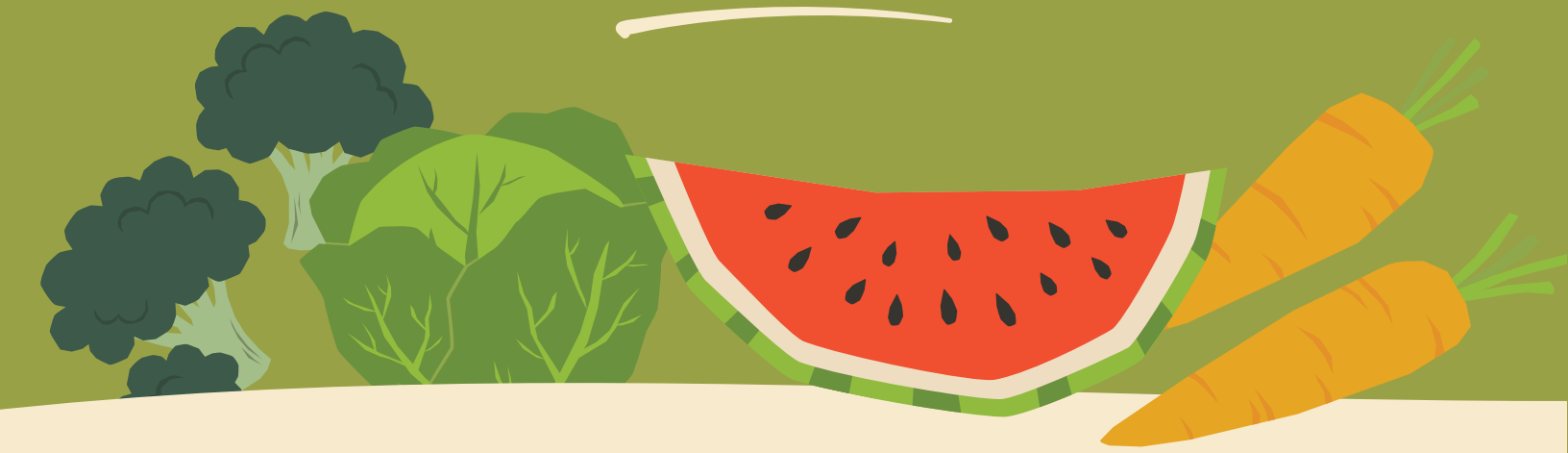
NUTRITION FOR A HEALTHY WEIGHT

MADERA COUNTY PUBLIC HEALTH



PERSHING ELEMENTARY SCHOOL

(Inside the PRC room)

Every Tuesday in March starting on March 7 - 28

(4 weeks/4 lessons)

8:30am - 10:30am

Cal-Fresh Healthy Living and Madera Unified School District invites you to join us for goal setting workshop in maintaining a healthy weight through interactive nutrition classes and learning how to shop for nutritious foods on a budget.
(Plan, Save, Shop, & Cook)

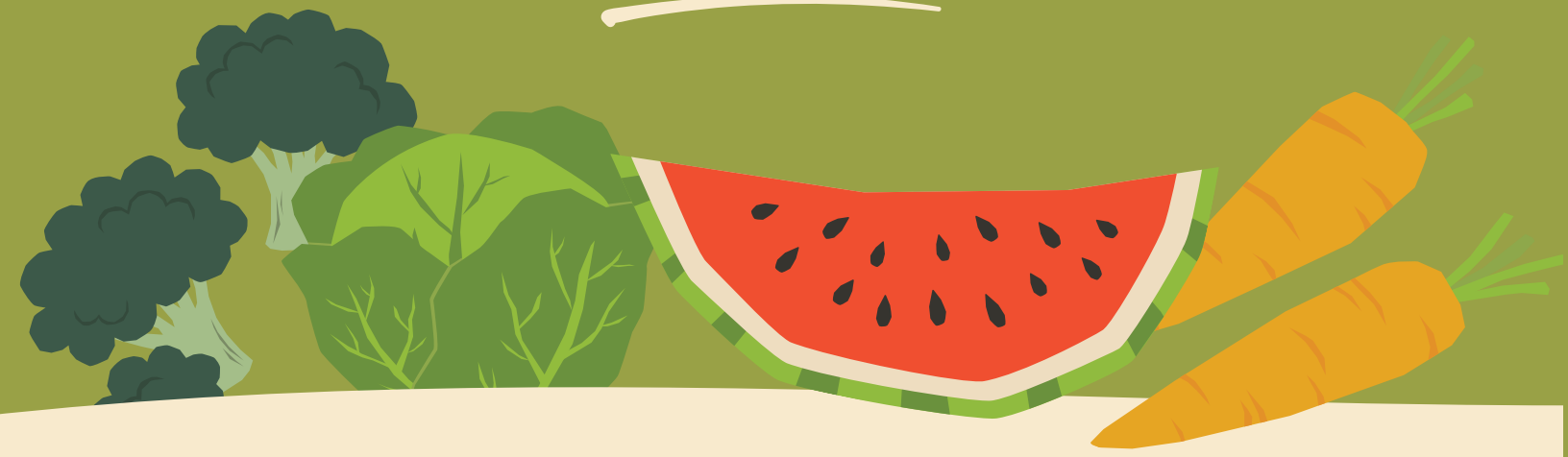
Register HERE

PRC PARENT RESOURCE CENTER CENTRO DE RECURSOS PARA PADRES

Or for more information and to register, call the MUSD Call Center at (559) 416-5879

Madera Unified School District
Madera Unified will set the standard for hard work, creativity and resiliency with a fearless drive to continuously improve.

NUTRICION POR UN PESO SALUDABLE



ESCUELA PRIMARIA PERSHING

(en el salon del Centro de Recursos Para Padres / PRC)

Todos los martes durante 4 semanas
a partir del 7 de marzo, 2023
8:30am a 10:30am

Cal-Fresh Healthy Living y el Distrito Escolar Unificado de Madera lo invitan a unirse a nosotros para un taller de aprendizaje de como establecer metas para mantener un peso saludable a través de clases interactivas de nutrición y de aprender a comprar alimentos nutritivos que se ajusten a su presupuesto. (Planificar, Ahorrar, Comprar y Cocinar)

Regístrese AQUI

O para mas información y/o para registrarse llame al MUSD Centro de Llamadas al (559) 416-5879

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