



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Healthy eating to lose weight

When: Saturday, February 24th

Time: 12:00pm-1:00pm

Who: Anyone interested in learning ways to lose weight and keeping it off!!

Come on by and join Ms. Jennifer, Shaping Elizabeth Nutrition Coach.

Enjoy a complementary snack after the fun.

Bring home ideas for healthy snacks, portion sizes and much more!

Free, courtesy of an Elizabethtown Health Foundation Healthy Communities Grant and

