

Summer Nutrition & A Better YOU!

Virtual Nutrition Workshop

TUESDAY, JUNE 23RD

ENGLISH CLASS:

11:00 AM – 12:00 PM

Link sent after registration.



LEARN ABOUT:

- LEARN SIMPLE NUTRITION TIPS FOR A BETTER YOU THIS SUMMER!
- HEALTHY, BUDGET-FRIENDLY RECIPES

AND LEARN TO THRIVE WITH SPECIAL GUEST:



SUPERVIVE



This project is supported by Texas Health Resources as part of a grant awarded by the Texas Health Community Impact program. The content is the responsibility of the authors and does not necessarily represent the official views of Texas Health.

www.sharing.life/gethealthy | gethealthy@sharing.life | 972-285-5819

Nutrición de Verano ¡y una Mejor Versión de Ti!

Taller Virtual de Nutrición

MARTES, 23 DE JUNIO

CLASE EN INGLÉS:

1:00 PM - 2:00 PM

EL ENLACE SE ENVIARÁ DESPUÉS DE
COMPLETAR SU REGISTRO.



APRENDA SOBRE:

- CONSEJOS SENCILLOS DE NUTRICIÓN PARA UNA MEJOR VERSIÓN DE USTED ESTE VERANO.
- RECETAS SALUDABLES Y ECONÓMICAS

Y APRENDA A PROSPERAR CON NUESTRA INVITADA ESPECIAL:



SCAN ME

SUPERVIVE



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