

DOH-ALACHUA OBESITY PREVENTION PROGRAM INVITES YOU TO

MYPLATE FOR MY FAMILY

FREE VIRTUAL SERIES ON GOTOMEETINGS

Session Dates

November 10

November 17

December 8

December 15

January 5

January 12

February 9

February 16

3:30-4:30 PM

Learn about:

Low-Cost Meals

Healthy Meal Planning

Family Physical Activity

Timesaving Tips

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TO REGISTER



Adapted from U.S. Department of Agriculture, Supplemental Nutrition Assistance Program. USDA does not endorse any products, services, or organizations. Provided by DOH-Alachua Obesity Prevention Program. This institution is an equal opportunity provider.