



Action Communities in Health, Innovation, and EnVironmental ChangE

Attend these FREE nutrition classes and receive up to \$30 in Farmer's Market vouchers redeemable at the following Lake County Markets:

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| 1) Lake Metroparks Farmpark Market in Kirtland | 3) Lake Health Market in Concord |
| 2) The Main Street Market in Painesville | 4) Old Village Market in Mentor |

Vouchers are good for fresh produce and foods only and expire on October 27, 2011.
Each participant may attend each of the three topics only one time. See the class schedule below!

<u>Date/Time</u>	<u>Location</u>	<u>Nutrition Topic</u>
Thursday, May 12 at 2 PM	Lake County General Health District 33 Mill Street in Painesville	My Pyramid and Portion Control
Thursday, May 26 at 2 PM	Job & Family Services 177 Main Street in Painesville	Fun Fruits & Vegetables: Add Color to Your Plate
Thursday, June 9 at 2 PM	Lake County General Health District 33 Mill Street in Painesville	What's in My Food? How to Read Food Labels
Thursday, June 23 at 2 PM	Job & Family Services 177 Main Street in Painesville	My Pyramid and Portion Control
Thursday, July 14 at 2 PM	Lake County General Health District 33 Mill Street in Painesville	Fun Fruits & Vegetables: Add Color to Your Plate
Thursday, July 28 at 2 PM	Job & Family Services 177 Main Street in Painesville	What's in My Food? How to Read Food Labels
Thursday, August 11 at 2 PM	Lake County General Health District 33 Mill Street in Painesville	My Pyramid and Portion Control
Thursday, August 25 at 2 PM	Job & Family Services 177 Main Street in Painesville	Fun Fruits & Vegetables Add Color to Your Plate
Thursday, September 8 at 2 PM	Lake County General Health District 33 Mill Street in Painesville	What's in My Food? How to Read Food Labels
Thursday, September 22 at 2 PM	Job & Family Services 177 Main Street in Painesville	My Pyramid and Portion Control
Thursday, October 13 at 2 PM	Lake County General Health District 33 Mill Street in Painesville	Fun Fruits & Vegetables Add Color to Your Plate
Thursday, October 27 at 2 PM	Job & Family Services 177 Main Street in Painesville	What's in My Food? How to Read Food Label

**** Anyone is welcome to attend. No need to register for these classes – just walk in! ****

For questions, please call 440.350.2442 and reference the ACHIEVE Food & Nutrition Program when calling.