



Action Communities in Health, Innovation, and Environmental Change

Attend these fun, fast, **FREE** nutrition programs!

1:30 p.m.

at

Lake County Job and Family Services

177 Main Street in Painesville

the last Monday of every month

(the May date will be the 24th due to the holiday)

or

Lake County General Health District

33 Mill Street in Painesville

the second Wednesday of every month

(April through November)

■ ***My Pyramid and Portion Control;
a Guide to Eating Healthy***

■ ***What's in My Food? How to Read Food Labels***

■ ***Fun Fruits & Vegetables; Adding Color to Your Plate***
(Food demonstration)

Attend a class and receive a gift certificate!