

# FREE ONLINE Parent Wellness Workshops



Join us for six free & fun ONLINE workshops about health, nutrition and staying active as a family.



Recipes



Conversations



Tips

## Weekly Workshop Topics:

1. Staying Active as a Family
2. Helping Children Eat Well
3. Eating Together
4. Choosing Better Drinks
5. Fruits & Vegetables
6. Celebrating Family Health

### Register for ONE session:

- Option 1: Wednesdays, Jan 20<sup>th</sup> - Feb 24<sup>th</sup> from 9:30-10:30 am
- Option 2: Thursdays, Jan 21<sup>st</sup> – Feb 25<sup>th</sup> from 5:30-6:30 pm

For more info text or call Brenda Mendoza (720) 767-0039

To **SIGN UP** scan this **code** with your phone's camera and **fill out** the form. Or visit <https://redcap.link/PWWcycle3>



**SNAP-Ed**  
Division of Food & Energy Assistance

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