



**Please Join Us in Celebrating Good Health!**

## **NUTRITION AWARENESS WEBINAR**

# **NUTRITION FOR KIDS & FAMILY MEAL PLANNING**

**JULY 10<sup>TH</sup>**

**12:00PM – 1:00PM ET**

### **Learn about...**

- Strategies to develop heart-healthy mealtime habits
- Preparing quick, nutritious meals in minutes... family style!
- Healthy snack solutions

**Click Here to Register**

To test the software prior to this webinar, go to: <https://zoom.us/test>