



DO YOU WANT TO LEARN HOW TO IMPROVE
YOUR DIET AND HAVE A HEALTHY
LIFESTYLE?

FREE ONLINE NUTRITION CLASSES

CLASSES START ON JULY 7TH
EVERY WEDNESDAY
FROM 5:30 TO 7:00 PM

TO REGISTER CLICK [HERE](#) OR SCAN
THE QR CODE ON THE TOP RIGHT CORNER
CONTACT US AT
VEGGIERX@FRESHAPPROACH.ORG

- 8 week program
- Weekly classes of basic nutrition concepts, how to choose healthier options and healthy lifestyles tricks
- Earn Produce Prescription Vouchers to spend on fresh local produce at the Farmer's Market
- Cooking demonstrations for recipes to try at home