

NUTRITION CLASS

SPONSORED BY MAYOR GANIM & THE OFFICE OF VETERANS AFFAIRS

**Date: Wednesday,
December 18th, 2019**

Time: 10:00 AM – 11:00 AM

**Location: 752 East Main Street,
Bridgeport, CT 06608**

GOOD NUTRITION IS AN IMPORTANT PART OF LEADING A HEALTHY LIFESTYLE. COMBINED WITH PHYSICAL ACTIVITY, YOUR DIET CAN HELP YOU TO REACH AND MAINTAIN A HEALTHY WEIGHT, REDUCE YOUR RISK OF CHRONIC DISEASES AND PROMOTE YOUR OVERALL HEALTH. THIS CLASS WILL HELP YOU ENHANCE YOUR NUTRITION KNOWLEDGE, LEARN TO COOK EASY, HEALTHY DELICIOUS MEALS & ENJOY PLENTIFUL SAMPLES FROM DEMONSTRATIONS



**FREE EVENT
OPEN TO:
All City of Bridgeport
Veterans**

**PARKING:
Free Parking
No meter feeding
required!**

