

The Network for a Healthy California

Parent Nutrition Classes!

Join other parents on the journey to building healthy families.

- **Learn how to make healthy food and drink choices the whole family will enjoy.**
- **Discuss ways families can eat healthy and save money.**
- **Discover fun and easy physical activities that get the whole family moving!**

Classes are offered at school sites throughout Westminster School District:

Warner Middle School

Wednesday, September 28 at 8:15AM to 9:15AM

Fryberger Elementary School (all classes start at 8:15AM)

Thursdays: September 29, November 17, January 19, March 1, April 19, May 19

Meairs Elementary School (all classes start at 8:15AM)

Wednesdays: October 5, October 12, October 19, October 26, November 2, November 9

DeMille Elementary School (all classes start at 10:30AM)

Thursdays: October 6, October 13, October 27, November 3, November 17

Willmore Elementary School (all classes start at 8:15AM)

Fridays: October 7, November 4, December 2

Finley Elementary School (all classes start at 8:15AM)

Tuesdays: October 11, October 18, October 25, November 1, November 8, November 15

Webber Elementary School (all classes start at 8:15AM)

Fridays: October 14, November 18, December 9, January 20, February 17, March 23

Anderson Elementary School (all classes start at 8:30AM)

Thursdays: January 5, January 12, January 19, January 26, February 2, February 9

Schmitt Elementary School (all classes start at 8:15AM)

Fridays: January 27, February 3, February 10, February 24, March 2, March 9