

DOH-ALACHUA OBESITY PREVENTION PROGRAM INVITES YOU TO

MYPLATE FOR MY FAMILY

FREE VIRTUAL SERIES ON GOTOMEETINGS

Learn about:

Low-Cost Meals
Healthy Meal Planning
Family Physical Activity
Timesaving Tips

EMAIL DENISE JAVIER AT
DENISE.JAVIER@FLHEALTH.GOV
TO REGISTER

Session Dates

March 9
March 16
April 6
April 20
May 11
May 18
June 8
June 15

4:00-5:00 PM



Adapted from U.S. Department of Agriculture, Supplemental Nutrition Assistance Program. USDA does not endorse any products, services, or organizations. Provided by DOH-Alachua Obesity Prevention Program. This institution is an equal opportunity provider.