



Eat Healthy – Be Active

- LEARN HOW TO LIVE HEALTHY IN AN EASY WAY

**When: Every Thursday from 10 am – 11 am
September 29th until November 3rd, 2016**

**Where: Dorothy McNish Parent center
300 Prospect Avenue, Asbury Park**

**THERE WILL BE GIFT CARDS, PRIZES, SNACKS,
TASTINGS AND ZUMBA CLASS!
EVERYTHING IS FREE AND EVERYBODY IS
WELCOME!**

**If you have questions or would like to participate, please
contact Aina Scheller, Community Affairs and Resource
Center, tel: (732) 774-3282 or Diedre Johnson, Dorothy
McNish Parent center, tel: 732-776-2606 ext. 2943**

The program is supported by

