

# Celebrate National Nutrition Month!



This yearly campaign brings awareness to the importance of making good habits with food choices, eating, and physical activities. The theme this year is “Beyond the Table”. A cooking demonstration and tasting will be included in this class.

## Healthy Eating and Living (HEAL) Program

**911 Parsons Ave.**

**Wednesday, March 13th**

**4:30pm-5:30pm**

**Registration is required! Contact Jetti  
at (614) 445-7342 ext. 110 or at  
jmarroni@4allpeople.net**