

FITNESS FRIDAY & HEALTHY COOKING RESTARTING

WHERE: MIDDLE VERDE RECREATION

WHEN: AUGUST 30, 2019

TIME: 9:00 AM–10:00 AM FITNESS

10:00 AM–12:00 PM –HEALTHY COOKING

DIABETES & FOOD BANK PROGRAMS IN

COLLABORATION WITH RECREATION BRINGING PHYSICAL

ACTIVITIES WITH SARA WOOLSEY

HEALTHY & HANDS ON COOKING WITH

LAVINA SANCHEZ & ROBIN HAZELWOOD

COME OUT AND JOIN THE FUN

LEARN ABOUT THE IMPORTANCE OF BEING

**PHYSICALLY ACTIVE AND PREPARING & EATING HEALTHY
FOODS**

**CONTACT–ROBIN HAZELWOOD–928-567-8469 - DIABETES
COORDINATOR**

CONTACT–LAVINA SANCHEZ–928-649-7185–FOOD BANK MANAGER

CONTACT–MINA EPPINGER–928-567-1024–RECREATION MANAGER

TRANSPORTATION IS AVAILABLE FROM RECREATION STAFF

