



# BUY. EAT. LIVE HEALTHY

## Join us for FREE Nutrition Classes

	Date	Time	Topic
1	Wednesday, Jan. 10	6-7:30 PM	Welcome
2	Wednesday, Jan. 17	6-7:30 PM	Get Moving
3	Wednesday, Jan. 24	6-7:30 PM	Plan, Shop, \$ave
4	Wednesday, Jan. 31	6-7:30 PM	Fruits and Veggies: Half your Plate
5	Wednesday, Feb. 7	6-7:30 PM	Make Half Your Grains Whole
6	Wednesday, Feb. 14	6-7:30 PM	Go Lean with Protein
7	Wednesday, Feb. 21	6-7:30 PM	Build Strong Bones
8	Wednesday, Feb. 28	6-7:30 PM	Make a Change and Celebrate

Childcare  
providers earn  
10 credits!

**Sign up!** Contact Blanca Lopez, 515-957-5775   blopez@iastate.edu

**Location:** 1625 Adventureland Dr. Suite A Altoona, IA 50009

[www.extension.iastate.edu/humansciences/buy-eat-live-healthy](http://www.extension.iastate.edu/humansciences/buy-eat-live-healthy)