

Free

FREE NUTRITION AND HEALTH CLASSES!

Obesity Education and
Prevention information

Presented by Public Health Nurses from the Bureau of School Health

Eat, Live and Be Well!

Public Health

Eat, Live and Be Well is an educational lecture series designed by public health nurses to teach the basics of nutrition and healthy living. We explore why family meal time is so important and how to make healthy choices on a budget, whether you're eating fast food or a home cooked meal. We also examine the importance of exercise and reveal the truth about processed foods and high fructose corn syrup.

¡Se proveerá
interpretación
al Español!

Each lecture is approximately 30 minutes. An activity to reinforce concepts can be included which would add another 30 minutes to the presentation. Your school nurses will bring one or all of the lectures to you.

7 Different Lectures

The Science of Healthy Eating

Guess Who's Coming to Dinner?

The Importance of Family Meal Time

Sugar: Naughty or Nice?

The Gifts, Myths and Risks of Carbohydrates

Exercise: The Fountain of Youth

Cheap Eats: Healthy Eating on a Budget

Fast Food Facts

How to Make Healthier Choices When Dining Out

Eat, Live & Be Well

Bringing it All Together



For more information or to arrange a time please call or e-mail Gigi Bate:

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