

# VEGGIE RX PARENT WORKSHOP

**RSVP TODAY**

CLASSES FOR FAMILIES  
CLASS TOPICS INCLUDE:

- HEALTHY SNACKS
- SUGAR AND YOUR HEALTH
- HEALTHY EASY DINNERS
- MORE VEGGIES, PLEASE

INTERPRETERS AVAILABLE  
ALL CLASSES ARE FREE

 HAMILTON MIDDLE SCHOOL



**ONLY 10 SPOTS**

