

# BRIDGE TO HEALTH

Inspiring families to participate in nutrition education and physical activities.

Learn how to cook nutritious recipes!

DATE / TIME:

*Saturdays 9 am to 2pm*

• **April 24, 2010**

• **May 08, 2010**

LOCATION:

**Croce Elementary**  
**5650 Scenic Ave.**  
**Livermore CA 94551**



**Offering 2 Saturdays of fun classes and activities for the whole family**

🍎 **Physical Activity**

*Learn exercise to increase your energy.*

🍎 **Nutrition Presentation**

*Learn about the food's nutritional values.*

🍎 **Cooking and Tasting**

*Prepare and try new recipes.*

• **Activities for Children**

**\*For information & registration, please contact:**

**Project INSPIRE**  
**510.670.4570**  
**Se Habla Español**



**To Register: Leave in School Office**

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Need Translation: (Spanish Only) \_\_\_\_\_ YES \_\_\_\_\_ NO