

make **healthy** happen



Healthy Lifestyle Workshops

Free nutrition and healthy eating education
Free giveaways and healthy produce boxes

Workshops in English and Spanish via Zoom at 9am and 6pm

- May 6th : Healthy Snacks You Can Afford
- May 13th : Container Gardening
- May 20th : Making Choices Between Food Needs and Food Wants
- May 27th : Food Budgeting Made Easy

To learn more about the Healthy Lifestyle Workshops and how to register please contact:

Nina Cross at ncross@wscpantry.org

Or at 630-512-9921 x211



Advocate Good Samaritan Hospital
Tomorrow starts today.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

