

Come learn about....

Healthy Choices During the Holidays

OPEN TO ANYONE WHO IS INTERESTED

WHEN: NOVEMBER 26th, 2013
12:00 - 1:00PM

WHERE: ACADEMY BLDG
182 SW ACADEMY ST
DALLAS - ROOM 212



Commit to a healthier lifestyle by:

- *Learning ways to eat better;*
- *Increasing your level of activity;*
- *Decreasing consumption of sweetened beverages.*

U R What U Eat!