

# EATING SMART BEING ACTIVE



## Eating Smart Being Active for New and Expectant Parents

Meet Weekly

Mondays, April 29th, May 6th, 13th, 20th

4:00 pm-5:00 pm

Children Welcome

Presbyterian Santa Fe Medical Center  
Farmers Market Teaching Kitchen

- ▶ Eating Smart Being Active during pregnancy
  - ▶ Feeding your new baby
  - ▶ Feeding your baby solid foods
- .....and more

Our mission is to inspire New Mexico's families to make healthy food and lifestyle choices, and to make those choices possible by creating health-friendly communities.



To register call the Santa Fe County Cooperative Extension office at 505-471-4711



Or register using the QR code or online

<https://www.prescommhealthclasses.com/book-online>

Class size is limited. Schedule is subject to change depending on minimum participant enrollment.



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