



COME AND JOIN OUR VIRTUAL NUTRITION CLASS HEALTHY FOR LIFE

**CLASS STARTS:
JANUARY 24th
THRU FEBRUARY
14th**

**EVERY MONDAY
10:00-11:30**

MyPlate

Hand washing

Budgeting

Shopping

Nutrition Facts

Sugar

Fats

Presented by:

Ivonne Martinez and Kim Schmieder

ZOOM LINK: 897 8643 2193

PASSCODE: 318089

imartine@email.arizona.edu



THE UNIVERSITY OF ARIZONA

Cooperative Extension