



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

# FREE

## ONLINE Classes for Parents & Caregivers

### REGISTER IN ADVANCE

EATING SMART  
BEING ACTIVE

October 12, 19, 26  
November 2, 9, 16  
2021

Time: 2:30-3:30 pm

“Learn about nutrition for your family, eating healthy on a budget, and ways to get moving!”



Contact:

Leticia Christian Email: [ldchristian@ucanr.edu](mailto:ldchristian@ucanr.edu)

Email or text access is required to receive link for accessing online class.

CalFresh Healthy Living, UC – Alameda County



We will not release records containing confidential, personally identifiable information, without permission from the individual, to other state or federal agencies or to other parties without a judicial warrant, a subpoena, a court order, or as otherwise required by law.

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit

# Gratis

Clases en línea  
para padres y cuidadores  
De niños

Regístrese con anticipación

Coma Bien,  
Sea activo

12, 19, 26 de Octubre  
2, 9, 16 de Noviembre  
2021

Hora: 1:00-2:00 pm

¡Aprenda acerca de  
nutrición para su familia,  
comer sanamente dentro  
del presupuesto y vías  
ponerse en movimiento!



Contacte:

Leticia D. Christian, envíe correo electrónico [ldchristian@ucanr.edu](mailto:ldchristian@ucanr.edu). Correo electrónico o acceso a texto es requerido para recibir el enlace que les permita acceder a las clases en línea,

CalFresh Healthy Living, UC – Alameda County



no divulgará registros que contengan información confidencial de identificación personal, sin permiso del individuo, a otras agencias estatales o federales o a otras partes sin una orden judicial, una citación, una orden judicial o según lo exija la ley.

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