



Free Nutrition Classes 2024

Free SNAP-Ed nutrition classes for adults and families

1ST & 3RD TUESDAYS (11:15 AM -12:15 PM)

**Department of Health
8445 64th Ave. Wabasso, FL 32970**

Topics Include:

- How to add more fruits and vegetables to your meals
- Eating healthy on a budget
- Important tips on eating out
- Portion sizes
- How to reduce your salt & sugar and so much more!

For more information or to register for this class, please contact:

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