

# FREE to the Community **EXPANDED FOOD & NUTRITION EDUCATION PROGRAM CLASSES**

**6 weeks (Every Monday Evening)**

**Starting October 5, 2009 6:00 – 7:00 pm**

**Ending November 9, 2009 6:00- 7:00 pm**

**NEW**

**Classes will be held:**

**Fort Hall Early Childhood Program Building**

**Childcare will be provided for families**

**Participants will:**

**Expand their knowledge of nutrition**

**Develop the skills they need to improve their diets**

**Benefits of good nutrition:**

- ❖ **Be healthier**
- ❖ **Feel better**
- ❖ **Have more energy**
- ❖ **Learn better**
- ❖ **Look better**
- ❖ **May have weight loss.**

**CLASSES ARE PROVIDED BY THE UNIVERSITY OF IDAHO EXTENSION PROGRAM**  
**If you are interested in SIGNING UP, please contact the**  
**Health Education Program @ 478-3965**

**University of Idaho**  
Extension