



Be Well Eat Well

Join us for online nutrition classes!

You'll learn how to:

- Be active and have fun with your family
- Make easy and healthy meals
- Cut sugars in food and drinks
- Grow what you eat

When and where?

- Join our classes online.
- Find the class schedule at kernfamilyhealthcare.com.
- To sign up, call us at **800-391-2000**. We are open Monday - Friday, between 8am - 5pm. Ask for the Health Education Department.

KFHC members

Get a Walmart, Target, or Safeway gift card
for attending the series!



800-391-2000
kernfamilyhealthcare.com



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