## **Attention RUSD parents!**





Are you a busy parent on a tight budget who wants to make healthy meals? Then the Eating Smart, Being Active Classes can help! This 7-week class can give you:

- Ideas for quick, healthy, low-cost meals and snacks
- Free kitchen and exercise tools
- Fun ways for you and your children to be more active
- Cooking demonstrations and samples of recipes to prepare for your family

Cost: FREE

Dates: Wednesday's February 6 – March 27

\*No class on February 20

**Time:** 4:30-6:00 PM

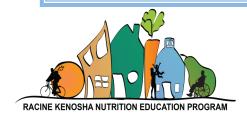
Location: Julian Thomas Parent Resource Room

930 Doctor Martin Luther King Drive Racine

Sign-up: Mail the registration form to 3109 Mt. Pleasant St.,

Racine, WI 53404 or call 262-664-6990 to register.

Note: No childcare available. You may bring infants.



For more information about the Racine Kenosha Nutrition Education Program (RKNEP), contact us at: 262-664-6990.



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