



# Food Smarts Workshops

6-week Series on Thursday Mornings

**February 9 - March 16, 2017**

**9:00 – 10:30 AM**

ZSFG Community Wellness Center, Room 2D 35

**Did you know that nutrition affects all aspects of your health?** Join us for **FREE nutrition and cooking workshops!**

In a group setting, you'll learn:

- Shopping and budgeting tips to stretch your dollars
- Simple strategies for healthy eating
- Getting your family to enjoy healthy foods
- How to plan balanced meals
- Effective, flexible goal setting to achieve your health goals

**Spaces are limited and participants must commit to the 6-weeks series! For more information and to sign up for the workshops, call 415-206-4995 or [sfghwellness@sfdph.org](mailto:sfghwellness@sfdph.org)**

