

This Month our **Talk & Walk**
self-care group will be hosting a

FREE **NUTRITION** Class!

Presented by the NHCP Dietitians

This class is exclusive to EFMP Families. EFMP Camp Pendleton Staff wants to remind the families the importance of self-care by staying active and learning about nutrition.

Remember everyone in the family can benefit from a well balanced meal and a healthy lifestyle.



Date:

Friday, February 9, 2018

Time:

10:00am-11:00am

Location:

San Luis Rey School Age Center
Conference Room

Bldg. 17081



Childcare is available for this event!

You must be registered with a CYP CDC, FCC, or ASYMCA's Fisher Children's Center in order to receive this service.

Questions? Contact Hope Bustos at 760-725-3175

If you anticipate needing accommodations or have questions about physical access, please contact (760) 725-3175 for additional info.