



HEALTHY LIVING SERIES

Common Threads Healthy Living Series is open for registration.

Register here!

<http://bit.ly/cthealthylivingseries>

Common Threads is hosting a series of cooking and nutrition workshops to kick off the New Year! We will be offering these in both English and Spanish and have multiple dates to choose from. All you need to participate is a computer with internet access, and a love for food, just like all us here at Common Threads!

STIRRING UP HEALTHY HABITS

Nutrition education for where you live, work and play! This session empowers educators to improve their personal health and wellness, act as healthy role models for students and build a culture of wellness.

COOKING UP FAMILY HEALTH WITH OUR 4 P'S WORKSHOP

Learn how to incorporate more healthy eating habits into your family's daily routine through Painting your Plate with Color, Portion Size, Preparation Style and Participation in the Kitchen!



This institution is an equal opportunity provider. Esta institución ofrece igualdad de oportunidades.

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