

NEAT AT 2

Every Wednesday



9:00-11:00 a.m.

LOCATION

Scripps Mercy Well Being Center
237 Church Avenue
Chula Vista, CA 91910



Learning healthy habits is important for you and your family. Join us for a free 10-week series where you will learn how to prepare healthy meals & snacks and how to participate in physical activity with your children.



For class information and registration:

Call (619) 336-8371



Childcare is provided



Facilitator

Hilda Carrillo



Program is free of charge



 Scripps Mercy Hospital
Chula Vista



Sponsored by South Bay Community Services (SBCS), UC San Diego and the First Five Commission