

FREE Virtual Healthy Eating and Cooking Workshops

Learn about:

- Basic Nutrition
- Budgeting
- Physical Activity
- Cooking Skills
- Safe Food Handling

Participants will receive FREE:

- Cookbook
- Measuring cups and spoons
- Vegetable scrub brush
- Food & refrigerator thermometer
- Water bottle
- Cutting mat set
- Insulated lunch bag
- Grocery list pad
- Graduation certificate
- Exercise stretch band

Eat Smart - Be Active

**Start your NEW Year healthy eating goal
with new and exciting recipes!**

a **FREE** 4-Session Program

Jan. 26, 2021 @ 3pm-4:30pm*

(*complimentary financial coaching sessions
offered by the Financial Empowerment Center)

Jan. 28, 2021 @ 3pm-4pm

Feb. 2, 2021 @ 3pm-4pm

Feb 4, 2021 @ 3pm-4pm

**You MUST attend ALL 4 sessions to receive the
Graduation Certificate and Free gifts! All sessions will
be conducted through Zoom and you will receive the link
by email.**

To Register Please Visit:

[Sign-Up Genius](#)

You will be contacted by Shumalia Inayat before class to complete the intake process. If you have any questions you may contact her at shumalia.inayat@fairfaxcounty.gov.

