



# BUY. EAT. LIVE HEALTHY

## Join us for FREE Nutrition Classes

	Date	Time	Topic
1	Wednesday, Nov 20	5:30—7:00 PM	Welcome
2	Wednesday, Nov 27	5:30—7:00 PM	Get Moving
3	Wednesday, Dec 4	5:30—7:00 PM	Plan, Shop, \$ave
4	Wednesday, Dec 11	5:30—7:00 PM	Fruits and Veggies: Half your Plate
5	Wednesday, Dec 18	5:30—7:00 PM	Make Half Your Grains Whole
*	Wednesday, Jan 8	5:30—7:00 PM	Vary your Protein Routine
7	Wednesday, Jan 15	5:30—7:00 PM	Build Strong Bones
8	Wednesday, Jan 22	5:30—7:00 PM	Small Changes Matter

Childcare  
providers earn 10  
credits! Enroll via  
i-PoWeR



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**Location:** Polk County Extension Office 1625 Adventureland Dr. Suite A Altoona, IA 50009

[www.extension.iastate.edu/humansciences/buy-eat-live-healthy](http://www.extension.iastate.edu/humansciences/buy-eat-live-healthy)