



Learn how to utilize the MyPlate food guide to improve your overall diet.

This FREE virtual four class series will give you the tools you need to implement small and manageable changes towards a healthier lifestyle.

- Zoom link for class
- Helpful handouts
- Other recipes to try



You will receive a cookbook with 24 low-cost, healthy recipes!

Session 1: Monday, March 15th at 2:00

Session 2: Monday, March 22nd at 2:00

Session 3: Monday, March 29th at 2:00

Session 4: Monday, April 5th at 2:00

Click [Here](#) to Register for the Four-Part Series

**Please note: You will need an internet-connected device to take the class.*