

# Want Help Eating Healthier & Feeling Better?

Join Us for  
**VeggieRx**

Free Nutrition  
& Cooking  
Classes

Brought to you by:

**Fresh  
Approach**

**Wednesdays from 5:00pm - 6:00pm**

San Pablo Community Center | Community Hall

2450 Road 20 • San Pablo

To Reserve Your Seat, Call 925-771-2990

## CLASS DATES:

**July 11th:** Farmers' Markets and Creating a Healthy Plate

**July 18th:** How to Shop and Eat Healthy on a Budget

**August 1st:** How to Select, Store, and Cook Fresh Produce

**August 8th:** Eating the Rainbow; Fiber and Whole Grains

**August 15th:** Processed Foods; Sugar and Salt

**August 22nd:** Healthy Fats and Physical Activity

+ Get free money to spend on fresh fruits & vegetables in every class!

**All ages welcome!**

For more information, visit us at [www.freshapproach.org](http://www.freshapproach.org) | Follow us!   