

March is National Nutrition Month

# Join us in celebrating

— nutrition & wellness —

## *March 19th Topics being discussed:*

- \* Better Breakfast Ideas
- \* Super Snacks

## *March 24th Topics being discussed:*

- \* Easy & Healthy Weeknight Meals
- \* Importance of Physical Activity
- \* Making sure your Child gets Enough Sleep

March 19th & March 24th at 6:00

at Centennial Library

**There will be prize drawings such as a 1 month membership to On the Move fitness center, crockpot and pedometers.**

Please fill out form below and  
return to Centennial by March 16

We will be attending March 19 \_\_\_\_\_ and/or March 24 \_\_\_\_\_

Number of Adults: \_\_\_\_\_

Number of Children: \_\_\_\_\_

\*Children are welcome to attend - Babysitters available to play games