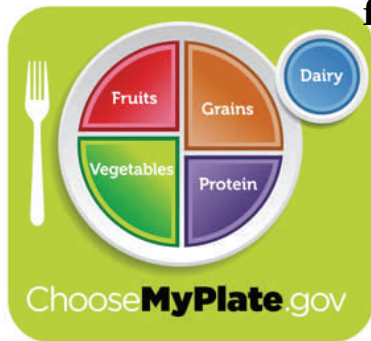


# DO YOU WISH YOU ATE MORE FRUITS AND VEGETABLES?

**THE CENTRAL CONNECTICUT HEALTH DISTRICT IS OFFERING NUTRITION CLASSES TO DISTRICT RESIDENTS TO TEACH HEALTHY EATING HABITS AND HOW TO INCREASE THEIR DAILY FRUIT AND VEGETABLE INTAKE.**

CCHD is working with *Heather Timko*, Registered Dietician, for 3 nutrition classes to discuss the importance of healthy eating, incorporating more fruit and vegetables in your diet and grocery shopping for healthy, family-friendly foods on a budget.

**Classes will be held at the Pitkin Community Center in Wethersfield, Room S-3 on Thursday evenings from 6:30 – 8:00pm on 10/20/11, 10/27/11, 11/3/11**



The logo for Big Y, featuring the brand name in a large, red, cursive script font with a registered trademark symbol (®) to the right.

As part of this class, CCHD is also partnering with Big Y World Class Market in Rocky Hill for a tour of the store given by Dietitian *Carrie Taylor*, RD, LDN with tips on what to buy and how to use the NuVal System.

Date: Thursday, 11/10/11 6:30-8:00 pm

Please arrive at 6:15 PM.



Space is limited. **Registration is required.** To register, please contact the Central CT Health District at 860-721-2818.