



Pay Attention When You Portion

Presents...

We all know it's important to eat the right *kinds* of food. In this class you will learn why it's also important to eat the right *amounts* of food.

You will learn:

- ⇒ How controlling your portions can help you maintain a healthy weight and good nutrition.
- ⇒ What a healthy portion looks like.
- ⇒ The pitfalls to portion control, and ways to overcome them.



***Class includes
a healthy snack and recipe!***

When: October 17, 2017

4:00-5:30 p.m.

Where: Garner Parent Center

2500 Havendale Boulevard N.W.

Winter Haven, FL 33881

For More Information:

Mindy Santiago, 863-965-5488

**Looking forward to seeing you at
the Parent Center!**

