

Munch & Move Towards a Healthy Future

Eat smart! Move more! These behaviors are KEY for a healthy future!

Join us as we:

- discuss strategies to overcome barriers
- help you increase physical activity daily
- guide you to set specific goals for your center
- help you choose, create & taste healthy foods



Neighbor Islands



Saturday, February 4

Kauai Community College - *Learning Resource Center #129*

10:00 am—12:00 pm 1:00 pm—3:00 pm

Friday, March 2

Kona DHS Office - *Conference Room*

10:00 am—12:00 pm 1:00 pm—3:00 pm

Saturday, April 21

Maui Community College - *Community Service Building*

10:00 am—12:00 pm 1:00 pm—3:00 pm

Saturday, June 2

Hawaii County Aupuni Center - *Conference Room (Hilo)*

10:00 am—12:00 pm 1:00 pm—3:00 pm

**HILO workshop
has been
postponed to
June 2 (Sat)**

**The workshops offered in the morning and afternoon will be the same.*

Note that registration will close the Thursday (12 pm) prior to scheduled workshop date.

Contact:

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Attention: *Kimberly Kanechika*



For more information, visit our website:
www.ctahr.hawaii.edu/new/hccnp