

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



Oahu



Friday, February 10

5:00 pm—7:00 pm

University of Hawaii at Manoa

Saturday, February 11

9:00 am—11:00 am

University of Hawaii at Manoa

Friday, February 24

5:00 pm—7:00 pm

Pearl City Urban Garden Center

Saturday, February 25

9:00 am—11:00 am

Pearl City Urban Garden Center

Friday, May 4

5:00 pm—7:00 pm

Queen Liliuokalani Children's
Center - Koolau Poko Unit

Saturday, May 5

9:00 am—11:00 am

Queen Liliuokalani Children's
Center - Koolau Poko Unit

**The workshops offered on Friday and Saturday will be the same.*

Note that registration will close on the day (4 pm) prior to the scheduled workshop date.

Contact:

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