

Assets in Action

The Los Alamos Cooperative Extension Office
and Assets In Action present

A Family A Fare

on

October 20th

5:30pm-7:00pm

at Mountain Elementary School

JUST BE IT!
Healthy and Fit



This program is Students, their parents and siblings! This event educates parents and their children about nutrition, exercise and simple changes for a healthier life. Come learn more about becoming a healthier family, win prizes and every family will take home a meal for the following evening. Refreshments will be served.

RSVP by 10/16 to 661-4846 or

AssetsInAction@att.net

New Mexico State University is an equal opportunity/affirmative action employer and educator.
NMSU, the U.S. Department of Agriculture and Los Alamos County cooperating.
Also sponsored by the Juvenile Justice Advisory Board, Con Alma Health Foundation and Northern New Mexico Health Grant Group.