NJSNAP-Ed eat healthy. be active.

JUST SAY YES TO FRUITS AND VEGETABLES

Physical Activity

At the end of this lesson you will be able to: -Determine how much physical activity is reccomended - Identify ways to incorporate physical activity

July 20th | 6:30-7:30 PM

LOCATION Class will be held via ZOOM, link will be sent out to register at a later date.

CONTACT/REGISTRATION South Plainfield Public Library (908) 754-7885

Additional Information/Notes/Directions can go here.

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