



# 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 recommended
- 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.