



Youth Nutrition Classes

Hosted by

Para Los Niños

**Come join us and learn the basics of
Eating Healthy, Being Physically Active and other healthy choices**

At the

Para Los Niños Child and Family Resource Center

531 North Euclid Avenue

Ontario, CA 91762

909.230.6400



**Classes will be held on Monday afternoons from 3:00-6:00 p.m.
Starting on January 24th, 2010**

Youth of all ages are welcomed to attend:

Elementary School Age: 3:00 p.m.— 3:45 p.m.

Middle School Age: 4:00 p.m.—4:45 p.m.

High School Age: 5:00 p.m.—6:00 p.m.



**Presented by: University of California Cooperative Extension
Expanded Food and Nutrition Education Program**



**For more information and class registration contact
Para Los Niños Child and Family Resource Center at 909.230.6400**