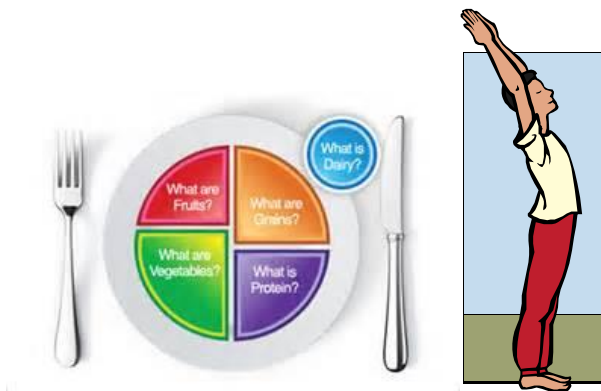




Free Class: Build a Healthy Plate and a Healthy Body with your Winter Garden

Class hosted by The Hanna and Herbert Bauer Memorial Community Garden

Join us to learn the benefits of including winter garden veggies in your diet and yoga-based stretches into your winter fitness routine.



Monday, December 8th, 2014

5:15 – 6:15 pm

137 N. Cottonwood Ave, Woodland, CA 95695

- ❖ Use the MyPlate model to understand the role of winter veggies in a healthy diet
 - ❖ Taste the flavors of a winter veggie dish that is easy to make at home
- ❖ Receive tips from on how to incorporate yoga-based stretches into your fitness routine that can help support a healthy body for gardening

Class taught by the Nutrition Education and Obesity Prevention staff at Yolo County Health Services

RSVP Required. Please RSVP by 12/7/14. Contact Robin Rocksvold at 530-666-8528 or at robin.rocksvold@yolocounty.org. Events are free to all who attend. This class will be held in the Williams Room of the Bauer Building at 137 N. Cottonwood Ave.



Plan ahead!

Please wear comfortable clothes that you can do some simple stretches in. Please also bring pen or pencil for note taking if you desire.