

GIRLS EAT HEALTHY

A Healthy Eating Guide for Moms & Daughters

The adolescent years can be a challenging time for girls and their mothers. We are bombarded with nutrition information from social media, websites and TV shows. We can help you decipher fact from fluff that will ease your mind and give you the tips and tools to integrate healthy eating anywhere.

Join our health educators for an interactive, engaging and educational session that will help you implement healthy meals and snacks.

Girls Eat Healthy

For moms and girls

March 3 | 7-8:30 pm

1 Class | \$20 per child, free for moms

CentraState's Star and Barry Tobias
Health Awareness Center
901 West Main Street, Freehold

To learn more or register:

 732.308.0570

 [livelifewellnj.com/events](https://www.livelifewellnj.com/events)



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