6 Sessions of inspiration, advice, fun and wellness!

**Wednesday, March 12th** - Motivation Party! Food, fun and encouragement

**Wednesday, March 26th** - Meal Planning...Learn how to make meal plan work for your family!

**Wednesday, April 9th** - The secret to making time for fitness

**Wednesday, April 23rd** - Try some new healthy recipes...hmmm

**Wednesday, May 7th** - How movement fuels brain power.

**Wednesday, May 21st** - Photo Challenge. Last session

Meet in the Public Health Kitchen @ 12. Come to all or just a few Sessions. For more info contact Jayme @ jgreen@sagchip.org or 775-4696.