



Come to this workshop and have FUN learning...

- ⇒ about the foods we eat
 - ⇒ what a well-balanced diet is
 - ⇒ how to make goodies to gobble up!

Earn the Eat Right, Stay Healthy & Make it, Eat it Try-Its!



Session 1: 9:00 - 11:30 am

OR

Session 2: 12:30 - 3:30 pm

Montrose Program Center 2732 Montrose Ave., Montrose, CA 91020

\$15 per girl

(Try-Its included)

Register online at <u>www.girlscoutsla.org</u>

For information, please contact: Deanne Moore dmoore@girlscoutsla.org (626) 677-2207













wellness & healthy living

