



Schedule 2016

La Loma Jr. High School y

Roosevelt Jr. High School

Parent Classes

9:00 am/Room #40



Presented by UC Cooperative Extension Nutrition Program

March 2016	April 2016
La Loma :3/9/16 Enjoy Healthy Food That Tastes Great	La Loma: 4/13/16 Eating Healthy on a budget
Roosevelt: 3/16/16 Enjoy Healthy Food That Tastes Great	Roosevelt: 4/20/16 Eating Healthy on a Budget
La Loma: 3/23/16 Quick, Healthy Meals and Snacks	La Loma: 4/27/16 Tips for Losing Weight and Keeping it off
Roosevelt: 4/6/16 Quick, Healthy Meals and Snacks	Roosevelt: 5/4/16 Tips for Losing Weight and Keeping it off

May 2015
La Loma: 5/11/16 Making Healthy Eating Part of Your Total Lifestyle
Roosevelt: 5/18/16 Making Healthy Eating Part of Your Total Lifestyle
La Loma: 5/25/16 Physical Activity is Key to Living Well
Roosevelt: 5/25/16 Physical Activity is Key to Living Well