



Hispanic Health Council PANA SNAP-Ed Program offers a series of free virtual nutrition education presentations in English and Spanish.

Join Us in Our: PANA SNAPED Facebook Group

<https://www.facebook.com/groups/3399288340151630/>

<p>Topic: Plan, Shop, Save-Food Label (11:30 am) November 17th (English Section) November 18th (Spanish Section)</p>	<p>Topic: Build Strong Bones (11:30 am) January 12th (English Section) January 13th (Spanish Section)</p>
<p>Topic: Fruits and Veggies ½ Plate (11:30 am) December 1st (English Section) December 2nd (Spanish Section)</p>	<p>Topic: Make a Change (11:30 am) January 26th (English Section) January 27th (Spanish Section)</p>
<p>Topic: Make Half Your Grains Whole (11:30 am) December 15th (English Section) December 16th (Spanish Section)</p>	<p>Topic: Celebrate (11:30 am) February 9th (English Section) February 10th (Spanish Section)</p>
<p>Topic: Go Lean with Proteins (11:30 am) December 29th (English Section) December 30th (Spanish Section)</p>	

To register send an e-mail or call Ana Ferreras at:

(860) 527-0856 Ext. 1296 Or Email at: anaf@hispanichealthcouncil.org

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