



Financial Empowerment Center at South County

UNITED WAY OF THE NATIONAL CAPITAL AREA



Participants will receive Free gifts and a Graduation Certificate if you complete all four sessions.

FREE HEALTHY EATING & COOKING WORKSHOPS

Eat Smart - Be Active
Spice up your Holiday Menu
with new and exciting recipes!

a **FREE 4-Session Program**

Dec. 1, 2020 @ 3pm-4:30pm*

(*complimentary financial coaching offered by the Financial Empowerment Center)

Dec. 3, 2020 @ 3pm-4pm

Dec. 8, 2020 @ 3pm-4pm

Dec. 10, 2020 @ 3pm-4pm

To Register Please Visit:

<https://www.signupgenius.com/go/508084DACAB2FAAFDo-free>



Virginia Tech • Virginia State University



LEARN ABOUT:

- BASIC NUTRITION
- BUDGETING
- PHYSICAL ACTIVITY
- COOKING SKILLS
- SAFE FOOD HANDLING

In Partnership with Fairfax County, United Way NCA, and Britepaths

