

**West Valley Community Services presents:**  
**Raising a Healthy Eater!**

“Raising a Healthy Eater” is an exciting new program designed to provide free education about cooking, nutrition, healthy shopping, cost saving techniques, fitness, and so much more to families in our West Valley community.

## **Participants can enjoy...**

- ◆ Healthy snack workshops and take-away snack bags
- ◆ Samples of tasty and healthy foods
- ◆ Recipe bags complete with the required ingredients
- ◆ Access to informational flyers and other resources
- ◆ Individual consultation with health specialists
- ◆ A six week series of classes covering a wide range of topics
- ◆ Support groups for emotional encouragement
- ◆ Assistance gaining children’s health insurance
- ◆ Fantastic rewards for signing up, such as gift cards and fitness club vouchers



**Join West Valley  
Community  
Services in  
rethinking what it  
takes to “Raise a  
Healthy Eater.”**

Contact Kelly McIntosh at (408) 255 - 8033 ext: 109 for more information.