

## Healthy Change is Within Your Reach

Join the Network for a Healthy California and the City of Placentia in celebrating

Latino Health Awareness Month

This free event empowers Latinos to make healthy, active living a priority and includes educational activities for the whole family!

## Be a Champion for Change

Meet OC Champion Moms and learn how you can provide your family delicious meals using healthier cooking methods

- Rethink Your Drink
  - Learn how to read a nutrition label
- · Salsa-licious

Taste what Placentia restaurants are cookin'

Salsa Garden

Grow your own ingredients for salsa

Smoothie Bike

Use pedal power to make a healthy smoothie

Move to the Beat

Learn to Zumba dance

• Enter to win exciting prizes and more!



## Saturday, September 18 9 a.m. – 1 p.m.

Placentia Fresh Farmers' Market Corner of Bradford Avenue & Santa Fe Avenue

## For more information contact:

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