

EFNEP

Expanded Food & Nutrition Education Program

Every Monday from 6:00 - 7:00 PM

- | | |
|---------------|--|
| OCT 10 | INTRODUCTION TO FAMU EFNEP |
| OCT 17 | GET MOVING! |
| OCT 24 | PLAN, SHOP, SAVE! |
| OCT 31 | FRUITS & VEGGIES: HALF YOUR PLATE |
| NOV 7 | HALF YOUR GRAINS |
| NOV 14 | BUILD YOUR BONES |
| NOV 21 | GO LEAN PROTEIN! |
| NOV 28 | MAKE A CHANGE |
| DEC 5 | CELEBRATE! |



**Register
today!**

Instructor: Eunice Stevenson, FAMU EFNEP
Program Assistant



FLORIDA A&M UNIVERSITY
COOPERATIVE
EXTENSION
COLLEGE OF AGRICULTURE AND FOOD SCIENCES



WEST PALM BEACH



Virtual: Visit www.wpb.org/hcd to register.

In-person: Northend RISE Community Resource Center, 723 39th Street, Please register ahead of time if you plan on attending in-person by emailing RISE Community Ambassador Mikeal Addison at maddison@northendrise.org

For more information, please contact the City of West Palm Beach Housing and Community Development Department at (561)822-1250 (TTY: 800-955-8771).