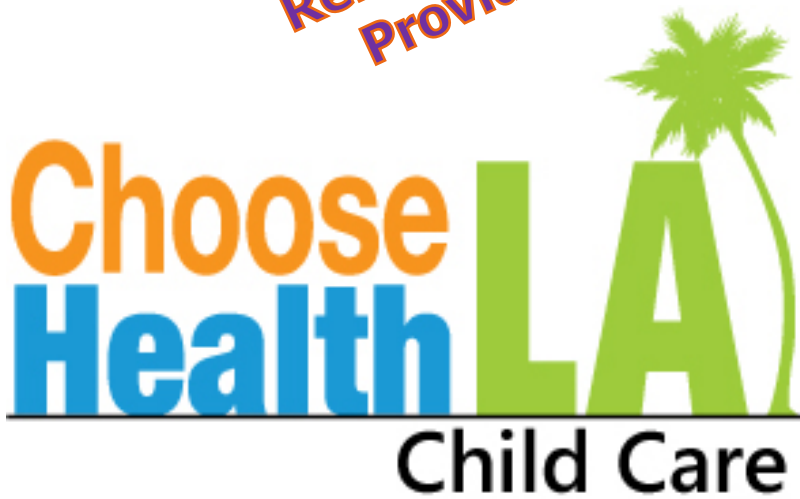


**A healthy life starts with you!**

**Free Gift!**

**Refreshments  
Provided!**



We are inviting  
all **caregivers**  
to a workshop  
designed  
especially for  
**YOU!**

If you are  
interested,  
please call

**1-888-92-  
CHILD**

This workshop will offer:

- Ideas for making nutritious food  
AND ways to keep children active
- Tips to keep children healthy,  
growing and learning
- Exciting educational materials to  
share with parents and children
- A variety of possible dates and times

One-on-one coaching and training are  
also available!

*Made possible with funding by First 5 LA through the  
Los Angeles County Department of Public Health*



COUNTY OF LOS ANGELES  
**Public Health**

**first 5 la**  
Giving kids the best start

**CHILD CARE  
ALLIANCE  
LOS ANGELES**