



# FAMILY, FOOD & FITNESS:

Tips for healthy choices  
in our busy lives

*Presentations open to  
all CFB ISD parents*

*Presented in English  
and Spanish*

*Free childcare for  
children 3 years  
and older*

**Streamed  
live on  
Facebook!**

**WEDNESDAY,  
JANUARY 23, 2019**

**6:30-7:30pm  
ESDC Building B 1820 Pearl St,  
Carrollton 75006**

Contact  
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for more  
information

*Presenters include a **Nutritionist**, the  
**Newman Smith culinary teacher** and a  
**fitness coach** from Marathon Kids*