



Guest Presenter:

Karen Walker-Jones

Area Agent, Nutrition
LSU AgCenter

Healthy Summer Days Calcium & Dairy

**Tuesday, July 19, 2016
3:00pm-4:00pm**

**East Bank Regional Library
4747 West Napoleon Ave.
Metairie, LA 70001**

**To register, please call:
504-888-9111**

**To register online, please visit:
[http://events.constantcontact.com/register/event?
llr=ifmaz8bab&oeidk=a07ecvt0h8f7fb63cf0](http://events.constantcontact.com/register/event?llr=ifmaz8bab&oeidk=a07ecvt0h8f7fb63cf0)**

Summer can be a time of lots of fun but we tend to lose track of our normal routines, which includes our eating habits. That is why we have teamed up with The LSU AgCenter to provide a free series of 6 lessons about having a healthy lifestyle. The lessons will be on healthy eating habits, easy recipes, and food management. You can find the complete list all of the topics that will be covered and the dates on the schedule behind this flyer. This series is for youth with disabilities between the ages of 16-26 and their parents, PCA's, guardians, and family are welcome to attend. We hope to encourage you to have a fun and healthy summer.

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Contact us and find out how we can help.
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SOMMER SALADS & MORE!!

When: **Tuesday Afternoons for a series of 6 WEEKS**

@ The East Bank Regional Library 3PM – 4PM

Address: **4747 W Napoleon Ave, Metairie, LA 70001**

July 5 - My Plate Wrap

Lesson: Food Safety & Food \$\$ Management

July 19 – Lite Banana Pudding

Lesson: Calcium & Dairy

July 26 – Rise and Shine Cobbler

Lesson: Make ½ Your Plate Fruits & Veggies

August 2 – Quinoa & Black Bean Salad

Lesson: Make ½ Your Grains Whole Grains

August 9 – Fun Fruit Salad

Lesson: Physical Activity

August 16 – Salmon Salad

Lesson: Vary Your Protein