

## Healthy living class to be offered

Written by Holyoke Enterprise

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A healthy living class will begin Tuesday, Jan. 15 in Holyoke at the new Baptist Church.

Baby Bear Hugs is providing the seven-week class with the help of a grant through The Colorado Health Foundation. Classes will be held every Tuesday from 1:30-3 p.m. for seven weeks and is open to anyone interested.

Participants will learn to plan meals; shop smarter; fix healthy recipes; become more aware of food safety; increase physical activity; read nutrition labels; increase vegetable, fruit and fiber intake; limit fat, sugar and salt; choose lean sources of protein; the importance of calcium in a diet; and tips on feeding children.

Those participating will also receive free food preparation items, a recipe booklet and great information on healthy living.

Those interested need to pre-register with Kathy Cook at 854-2921. If there is no answer, leave a message. There will be limited child care available.

Holyoke Enterprise January 3, 2013