

You're Invited to

Creating A Community of Healthy Bodies & Healthy Minds

Saturday, October 26 • 10:30AM to 2PM

(Registration from 10:30- 11am)

The Hartford Public Library, 500 Main Street, Hartford

Parents and caregivers play a key role in not only making healthy choices for children, but also teaching children how to make healthy choices for themselves. Come join us as Hartford Hospital's Young Leaders Advisory Council teams up with CookingMatters.org at the Hartford Public Library for **a FREE event where you can:**

- Learn how to live a healthier life by eating and cooking healthy
- Activities for adults and children!
- Have the opportunity to participate in hands on cooking/food preparation activities
- Speak to Hartford Hospital's Take Charge of Your Health team who will be performing health screenings and providing education
- Collect easy healthy recipes to take home and try!
- Purchase healthy great tasting food at the new Billings Forge Café
- Plus more!

Don't have a library card?

Apply for one online or at the event: <http://hplct.org/using-your-library/get-library-card>



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