



# EatPlayGrow™

## Early Childhood Health Curriculum

**6 week class on Tuesdays  
Feb. 6th—Mar. 13th, 2018  
9:30—11:00 am**

**For parents &  
their  
children ages  
2 to 5 years old**

**FREE**

### Creative Activities for a Healthy start!

Join us in our early childhood classroom for engaging activities that make healthy choices fun and easy to include in daily routines. We will enjoy art, stories, music and movement with lessons that teach the importance of making positive choices in the areas of health, nutrition, physical activity and sleep.



**Please Register!**

**Contact Teresa at 303-838-7552x37 or  
teresa@mrcco.org**

**Mountain Resource Center 11030 Kitty Drive, Conifer**



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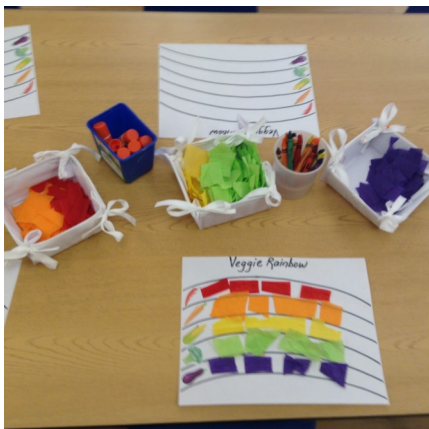
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