



Free Somerset County Child Healthy Eating Program



Learn about nutrition, healthy eating, nutrition labels, physical activity & much more!

Receive a **free physical activity** item at the end of the program!

This is a four session educational program for children and their guardian(s).

We can come to you or you can come to us!

All you need is your healthcare provider's referral.

**Call 443-523-1719 for more
information!**



Public Health
Prevent. Promote. Protect.
SOMERSET COUNTY
HEALTH DEPARTMENT

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