

Power Up presents

Just Say Yes!

FREE Virtual Nutrition Classes



**Hover over the QR code
with your phone's camera
or click on the URL below
to sign up for a class.**



<https://www.eventbrite.com/o/adagio-health-inc-31773426913>



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).