





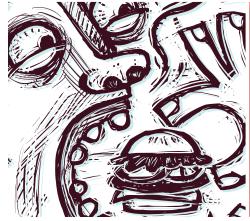
Teen Cuisine

Encore

Session Topics ———

Eat Smart • You Are What You Eat Power Up with Breakfast • Find the Fat Kick the Sugar Habit • Snack Attack

Recipes • Food Demonstrations • Lesson Reinforcements • Hands-on Group Activities • Physical Activity











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Join Us! For more information, contact: