

“According to a 2008 Department of Public Health report, of 1 million Massachusetts adults, about 1 in 5 was obese, and 3 million were above a healthy weight. The report found that a third of high school and middle school students in Massachusetts between ages 10 and 17 were overweight or obese, outpacing national averages, with more obesity among low-income, black, and Hispanic students.” Boston Globe, July 23, 2010

Elizabeth Fulks, a health educator and family consumer specialist, is offering a class through Newburyport Adult & Community Education:

“Cooking to Prevent Childhood Obesity.”

She'll work with parents showing them simple tools to prevent obesity and help children make health food choices. And she'll give tips and share recipes that rival any fast food/“junk food” choice.

The class will prepare a breakfast, lunch, and dinner as well as snacks.

Leave the Supersize Highway and lighten the way for your children.

*Two, 2.5 hour sessions, 6-8:30 p.m. Wednesdays, beginning Dec. 1
Cost \$95. Ingredients fee to be paid to the teacher: \$10*

www.newburyportadulthood.org

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