



THE SAN BERNARDINO
SUPERINTENDENT OF SCHOOLS
HEALTHY SBCSS DEPARTMENT
PRESENTS ON

SELF-CARE AND WELLNESS

PRESENTATION BY SONIA COLCHADO

- RETHINK YOUR DRINK: SUGARY BEVERAGES
- KEEP MOVING! STAYING PHYSICALLY ACTIVE
- MYPLATE: EASY, HEALTHY MEALS AND SNACKS
- Q/A

LINK: BITLY – [HTTP://BIT.LY/EOPALUM](http://bit.ly/eopalum)

DATE FEBRUARY 9 TIME 12-1 PACIFIC TIME (US AND CANADA)

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VISIT CALFRESHHEALTHYLIVING.ORG FOR HEALTHY TIPS.

SELF-CARE AND WELLNESS

