



**EATING HEALTHY ON
A BUDGET**

**NUTRITIONAL LABEL
READING**

**POSITIVE LIFESTYLE
STRATEGIES**

**FUN WAYS TO
INCORPORATE
PHYSICAL ACTIVITY**

**CLASSES OFFERED BY:
SHARMILA FRANKLIN
JESSICA CRAWFORD
AND
ALLYSON PEBSWORTH**

**FREE Lifestyle Workshop – A simple way to
make healthy choices.**

Health4U is a FREE workshop designed to provide families of the Northeast Texas area with practical skills for living healthier lives.

The Paris-Lamar County Health District has partnered with several local health care providers to bring this FREE workshop to both Lamar and Red River Counties. This program focuses on adults age 18 and older who would like to adapt to a healthier lifestyle.

Classes begin October 9th in Lamar County
and October 10th in Red River County.

**Lamar County – Every Monday at
10:30 am and 5:30 pm**

**Red River County – Every Tuesday at
10:30 am and 5:30 pm**

**PARIS - LAMAR COUNTY
HEALTH DISTRICT - ALSO
SERVING RED RIVER COUNTY**

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