Healthy U

Inspiring Healthy Habits for All!

June 12, 2024, 4:00-5:00

Join us for

The Grand Finale of Healthy U

Join us for the Grand Finale as we celebrate highlights and important take-aways on what we have learned throughout the Healthy U series.

- **Eating Better on a Budget**
- **Social Emotional Connection to Food**
- **Recipe Demonstration**
- **Sugar, Sugar, Sugar!**
- **Physical Activity**

Join Zoom Meeting

https://us02web.zoom.us/j/81926959460?pwd=WVlKN1M2UURTcTlEVTd3dHdvSzhvZz09

Meeting ID: 819 2695 9460

Passcode: 566649

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Presented by Self-Advocate Sherri Douglas

For accommodations, contact Renee Bauer, SCDD at renee.bauer@scdd.ca.gov or (530) 570-6587

(Five days prior to session)

CALIFORNIA SCDD State Council on Developmental Disabilities

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