

COMMON THREADS PRESENTS

PARENTS COOKING FOR LIFE

Join us for an introduction to nutrition focused on covering basic nutrition, grocery shopping, and cooking with kids!

DATES

Thursdays, 6:00 pm- 7:15 pm

February 6

The 4 P's of Nutrition

February 13

Cooking with Kids

February 20

Good For You Groceries

February 27

Grocery Store Tour

LOCATION

Uplift Central Office
1825 Market Center Blvd –
1st Floor Conference Room
Dallas, TX 75207

To Register, Please Visit:

<https://www.cognitofrms.com/UpliftEducation2/CommonThreadsRegistration>

FOUNDED IN 2003, COMMON THREADS' MISSION IS TO BRING HEALTH AND WELLNESS TO CHILDREN, FAMILIES AND COMMUNITIES THROUGH COOKING AND NUTRITION EDUCATION.

LEARN MORE: WWW.COMMONTHREADS.ORG

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