

# GET GROWING

# Eating Healthy FOR LIFE

Where does our food come from? Once we get it, how do we turn it into healthy meals?

Come to UnityPoint Health - Prairie Parkway for a program dedicated to teaching children about gardening and agriculture as well as healthy food preparation. There will be hands-on experience as we plant, water and weed before moving into the demonstration kitchen to learn about healthy recipes to use for years to come.

Luann Alemao is a food and nutrition educator, Blue Zones National Speaker and etiquette expert who will host the class along with pediatric health experts from UnityPoint Health.

Look for class times and registration information at [unitypoint.org/get-growing](http://unitypoint.org/get-growing).



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