

COMMUNITY WELLNESS & HEALTHY LIFESTYLES TRINITY BAPTIST CHURCH APRIL 29, 2010



Relative caregivers from the community were in attendance for the Community Wellness & Healthy Lifestyles training.



Victoria Quintero from the Public Health Dept. gave a presentation on nutrition and its benefits for the entire family.



Commissioner Franzen presented healthy lifestyles for children.



Attendees sampled the many natural products that can be enjoyed to maintain a healthy lifestyle.



Commissioner Williams was on hand to advise the attendees on the benefits of eating smart.



Making healthy choices in nutrition is important for everyone, regardless of age.

