

# Want help eating healthier and feeling better?

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**Fresh  
Approach**

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ADA Accessible  
Classroom

## Join Us for **VeggieRx** Free Online Nutrition Classes

### The FREE VeggieRx Program Includes:

- Healthy eating classes with cooking demos
- Weight monitoring
- Get free vouchers to spend on fresh fruits & vegetables at the farmers' market

Reserve your seat!

Fill out this registration form <https://forms.gle/p4QG8nb93P3ZvswM9>

### FULL ONLINE CLASSROOM

Self-paced lessons

Webinars on special topics

12-week program starting in September 2020

Call or email for special questions  
(510) 646 3518 | [veggierx@freshapproach.org](mailto:veggierx@freshapproach.org)

+ Children and family are welcome to attend all classes and events!

For more information, visit us at [www.freshapproach.org](http://www.freshapproach.org) |

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