



YOU'RE **HOT** STUFF

You're invited to a fun, cool event for young adults ages 14-19, where you have the opportunity to share your experience and ideas. You'll leave *knowing that you have what it takes to accomplish what it is you set out to do!*

Enjoy a brief presentation followed by an open discussion and refreshments.

TOPIC:

Healthy food choices and activity that can smooth transitions and pitfalls to avoid

DISCOVER:

- what a "healthy" diet is
- how to lose fat
- what you are actually losing when you lose weight
- motivation to keep moving

This first get together is free - just bring your ideas and a friend if you'd like.

WHERE/WHEN:

Saturday June 26th, 2010

3PM – 4:30PM

Culinary Center at Whole Foods
in San Mateo

Please RSVP to www.gvme5.com



MARSHA KUNZ, M.S.
(650) 504-4902

For Information about
The Give Me FiveSM Program:
www.gvme5.com

Healthy eating & exercise for children, teens, & families