

Children's Board Family Resource Centers in Central Tampa

Virtual Nutrition Classes

HEALTH & SAFETY



**Children's Board Family Resource Center
in Town and Country**
7520 W. Waters Ave; #8
Tampa, Florida 33615

Virtual Class Date:
July 16th, 2020

Voucher Pick Up Date:
July 17th 2020

Join us for a free virtual interactive class and receive a free swim lesson voucher (for those who qualify) presented by St. Joseph's Children's Wellness & Safety Center. At least one child per family must be present and attend one of the classes for the family to receive a free swim voucher.

I Can Eat A Rainbow (Ages 3-5)

A fun hands on class that teaches about healthy food, nutrition and eating habits

U 1st (Ages 5-7)

This fun program teaches children the importance of taking care of themselves through home safety, bike and pedestrian safety, proper nutrition, and the importance of physical activity.

Mission Nutrition (Ages 7-11)

A Race Car themed class that teaches children about the foods they need to eat to stay healthy

I Can Eat A Rainbow

Ages 3-5 years
9:00 AM- 9:30 AM

U 1st

Ages 5-7
10-10:45

Mission Nutrition

Ages 7-11
11:15-12PM

I Can Eat A Rainbow

9:00 AM- 10 AM

U 1st

10-11 AM

Mission Nutrition

11-12 PM

Registration is required. Please call 813-356-1703

For families to be eligible for a free swim vouchers:

- A child participates in one of the virtual classes
- Must be Hillsborough County resident
- The child qualifies for one of the following: Medicaid or SNAP or Hillsborough County Free and Reduced Lunch.

Center Hours

Effective June 1st.

Monday, Tuesday, Thursday, Friday and Saturday

From 9:00 to 6:00

Wednesday

From 9:00 to 1pm (unless otherwise communicated)

Children's Board Family Resource Centers are funded by the Children's Board of Hillsborough County. Managing partners include: Champions for Children, Children's Home Network, Easter Seals Florida, Family Community Advisory Councils, REACHUP, Inc. and St. Joseph's Children's Wellness and Safety Center.

