

July - Aug 2022

Summer Puppet Shows

The Hispanic Health Council will be performing health-based puppet shows from July 11 - August 15 at Newfield Branch Library. Please see schedule below for date and show topics. All shows are free and open to the public.

July 11 @ 10:30am**Following My Plate**

Encourages children to eat healthy foods following My Plate and to always be active.

July 18 @ 10:30am**Happy Heart**

Children learn the importance of eating well, being active and not smoking to grow-up healthy.

July 25 @ 10:30am**Lolita Gets Sick**

Teaches children the four steps to avoid food borne illnesses.

August 1 @ 10:30am**Fernando's Farm**

Children learn where foods comes from and the benefits of eating fresh produces, and other foods from local farmers.

August 8 @ 10:30am**Doña Maria and Rosita Visit the Doctor**

Children learn to prevent Type 2 Diabetes through healthy eating, exercise, and regular medical checkups.

August 15 @ 10:30am**Tommy Enjoys Exercising**

Teaches children the importance of exercising, eating healthy snacks and drinking water.

PANA

Program to Improve Access to Good Nutrition and Physical Activity
Programa para Mejorar el Acceso a una Buena Nutrición y Actividad Física

Sponsored by the Department of Social Services, the Hispanic Health Council and U.S. Department of Agriculture (USDA).