



**Join us for interactive, FREE Family Fun Events!**

What is EatPlayGrow™?

Lessons for preschoolers and their caregivers that help make healthy choices fun and easy to include in daily routines!

**SAVE THE DATE!**  
Every month join us  
for an exciting  
family celebration!

Questions or need  
reasonable  
accommodations to  
participate in the  
program?

Contact-  
[jfd@illinois.edu](mailto:jfd@illinois.edu)



**REGISTER TODAY**

**[go.illinois.edu/epgtwhs](https://go.illinois.edu/epgtwhs)**

**Virtual**

**October 13**

**February 9**

**November 10**

**March 9**

**December 15**

**April 13**

**January 12**

**May 11**

**All classes start at 4pm!**

**Your home on your own phone, laptop or tablet!**

Choose to join for as many classes as you would like and enjoy fun, safe, family event from the comfort of your own home!

These free lessons are presented for Tazewell Woodford Headstart Families through University of Illinois Extension.



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



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Illinois Extension: <https://go.illinois.edu/EatMoveSave>.