

# Physical Activity, Nutrition, & Seasonally Appropriate Recipes

**Sponsored by Randolph/Montgomery: Family Support Program of Sandhills Center in collaboration with NC Families United**

**Presenter: Kimberly Burger, Health Educator  
with Montgomery Co. Health Dept.**

**Thursday September 24, 2020 from 1:00-2:30 pm**

## **Objectives:**

- 1) Identify where all the current Farmers Markets in Montgomery County are located.
- 2) Identify meal sites where people can pick up food boxes in Montgomery County.
- 3) Give new and easy recipe suggestions for how to use in season ingredients found at local farmers markets in the month of September/October.
- 4) Address ways to seek out physical activity opportunities when you do not have access to a gym.



**Virtual Webex Meeting link will be provided to persons  
who pre-register with Brenda Goss**

**Registration Ends September 22, 2020 by 4:00 pm  
To Register Contact: Brenda Goss, Family Advocate  
Toll Free: 1-877-211-7252 or email: randmontadvfsp@gmail.com**