



Gems Natural Health Center
Kids PROGRAMS and CLASSES
 Health Education Series: Bringing Health and
 Education to Life
Nutrition and Health.....Naturally!

Macaroni and Cheese, Hotdogs and Peas (I've had enough!)
 Did God say eat this stuff?

Trace the path of food from God's Creation to Children's Plates

Beans, No Wings, Greens and Things
 Fruits and Veggies, Cheesy Wedgies

Stuff you Gotta' Know!.....Imagine That!

Fruits No Loops
 Alcohol/Drugs/Violence
 Alphabet Health Series

"Whatever!" The best Attitude to have (Philippians 4:18)

Kids in the Kitchen
 Play with Your Food! Really?...Seriously!

