



Sunrise Family Resource Center  
Strengthening Families

# MAKING MEALS & MEMORIES

# Healthy Me!



3/2/23

4-6 PM

226 UNION ST.

You're invited to spend an evening with Sunrise, *Making Meals & Memories!*

- Cook and enjoy a healthy dinner together.
- Engage with your child(ren) in fun activities and crafts.
- Bring home an activity bag: books, games, and healthy snacks.

Making Meals & Memories will be offered once a month, with a unique theme every month. You do not need to be a member of Sunrise's other programs to participate! Families throughout Bennington County are encouraged to attend.



RSVP TO:

Tiffany Gaghich, at  
802-442-6934 or  
[rsvp@sunrisepcc.com](mailto:rsvp@sunrisepcc.com)

Did you know that February is  
Heart Health Month and Children's Dental Health Month?

Join us and learn more!

[sunrisepcc.com](http://sunrisepcc.com)

