

**Dads - Is health and wellness important to you? Having a hard time prioritizing it? Join other Cambridge dads to talk and learn together.**

# **CAMBRIDGE DADS HEALTH AND WELLNESS SERIES**

**All Dads Must Register**

**Cambridge Senior  
Center**

**Tuesdays  
Nights**

**Event time  
6pm to 8pm**

**Mar  
11**      **Men's Health**

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**Mar  
25**      **Nutrition**

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**Apr  
1**      **Exercise**

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**Apr  
15**      **Cooking Demo**

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**Apr  
29**      **Moving Forward**

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**Childcare and dinner provided**

**For Registration:  
Cambdads@cambridgema.gov  
or text  
(617) 453-8725**



**A Program of the Agenda for Children Literacy  
Initiative and the Center for Families**