

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**

**Wednesday
Nights**

**Event time
6pm to 8pm**

**Nov
5**

Men's Health/ Exercise

**Nov
19**

Nutrition

**Dec
3**

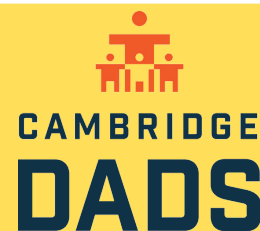
Cooking Demo

**Dec
10**

Moving Forward

Childcare and light dinner provided

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



EST. 2014

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