

### RAISE in Action

Happy New Year!! RAISE langcultural and language schools will be resuming their weekend classes including various culturally-tailored physical activities for the whole family! You still have time to register for the new semester, please follow the information below:

#### **Cleveland Chinese Contemporary Culture Association (CCCCA)**

Every Sunday 2pm-5:30pm at Solon High School, Solon

Spring Semester will begin on January 9th.

<http://school.ccca.org/reg/reg.php>

#### **Westlake Chinese Cultural Association (WCCA)**

Every Saturday 9am-12pm at Lee Burneson Middle School, Westlake

Spring Semester will begin on January 8th.

<http://www.westlakechineseschool.org/Announcements布告栏.aspx>

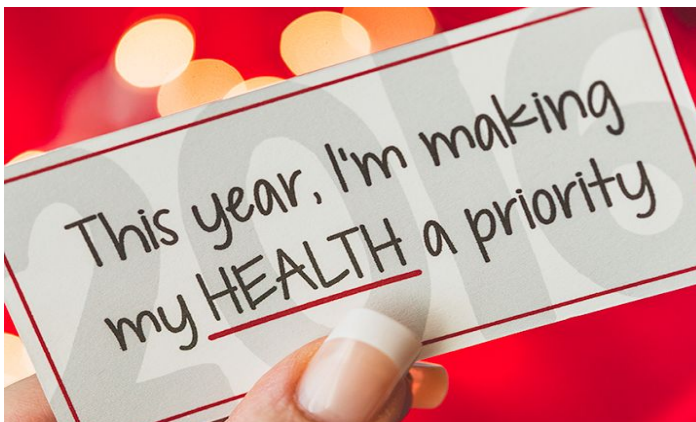
#### **Korea School of Greater Cleveland (KSGC)**

Every Saturday 9:20am-12:20am at Central Korean Presbyterian Church of Cleveland

Spring Semester begin date TBD

<http://www.clekorean.org/koreaschool.php>

### Healthy Eating Active Living



This year, make healthy eating a priority. Meal planning is part of healthy eating and maintaining a healthy weight. Get tips on how to plan healthy meals at home, at work, and on the go:

<http://bit.ly/1etYyA6>

Whether you are cooking for just yourself, one to two people, or a larger group, planning meals is a good place to start improving your food choices. Taking the time to plan a healthy evening meal can help you avoid a less healthful "drive-through" dinner.

To start, grab a pencil and paper and list your favorite meals. It may help to talk to your family or thumb through a favorite cookbook. Some of the meals will be healthier than others, but for now, just write them all down.