



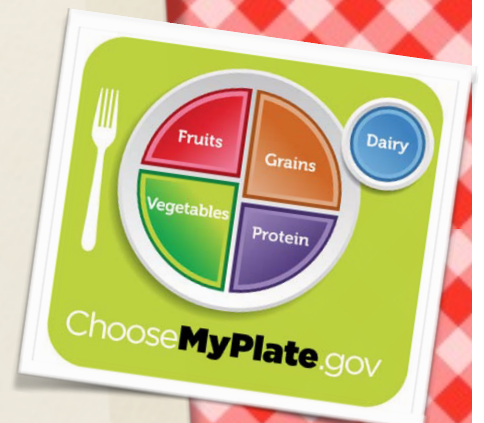
Presents... Eat Healthy Be Active

MICHIGAN STATE UNIVERSITY | Extension



YOU WILL LEARN:

- Eating Healthy as a Lifestyle
- Eat Healthy on a Budget
- Physical Activity
- Tips for a Healthy Weight
- Quick, Healthy Meals & Snacks
- Healthy Food that Tastes Great
- Stretch Your Food Dollars
- Stay Healthy
- Avoid Doctor Bills
- Eating Better
- Eating Right & Light
- Menu Planning
- Keeping Food Safe



Date: September 17th, 24th and October 1st, 2014

Where: Foxfire Apartments, Main Office

Time: 10AM to 12:00 Noon, 3 weeks. Registration Required
Upon Completion, Participants receive certificate & cookbook

Call (517) 784-4800, Ext#280 to reserve your space

