



# Eat Smart, Live Strong



JACKSON COUNTY

*Department on Aging*

Call for questions or to  
sign up:  
Laurie Mead  
517-768-8691

Instructor:  
Angela Maniaci  
MSU Extension

Program Dates:  
January 4th, 11th,  
18th, 25th  
February 1st, 8th



## WHO:

This class is geared towards individuals 60+, but everyone is welcome to attend!

## WHAT:

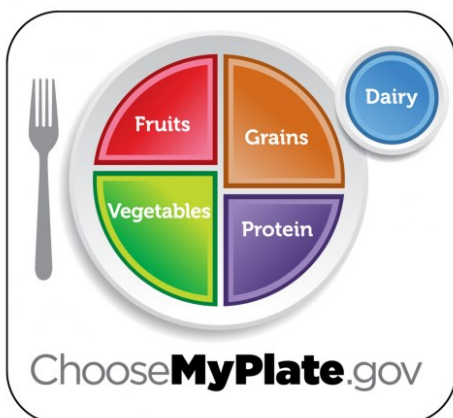
Join Angela for a fun class on how to improve your health, using games and interactive discussions with your community. We will go over how to increase fruit and vegetable consumption and daily physical activity. Taste new foods and take home lots of healthy recipes and giveaways!

## WHEN and WHERE:

Park Forest Apartments Dining Hall  
1:00-2:00pm

6 weeks beginning January 4th

**SIGN UP by calling Laurie: 517-768-8691**



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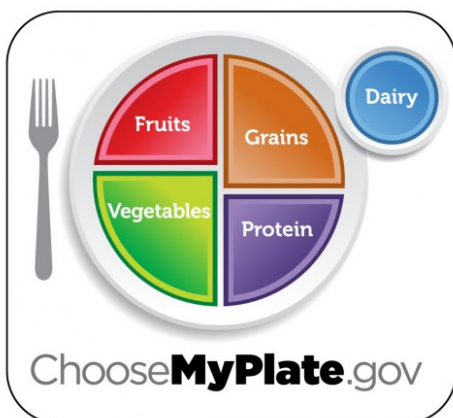
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