



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
517-788-4292

Program Dates:
March 8th, 15th,
22nd, 29th,
April 5th, 12th



WHO:

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

WHAT:

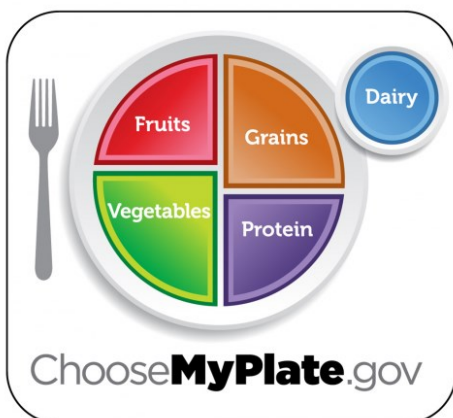
Join Angela for a fun class on how to improve your health, using games and interactive discussions with your community. We will go over how to increase fruit and vegetable consumption and daily physical activity. Taste new foods and take home lots of healthy recipes and giveaways!

WHEN and WHERE:

Crouch Center Dining Hall
1:00-2:00pm

6-week series begins March 8th

SIGN UP by calling Laurie: 517-768-8691



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