



# Eat Healthy, Be Active

## DATE & TIME:

1:30 p.m. - 2:30 p.m.

## LOCATION:

New Baltimore, MI 48047

## COST:

## CONTACT:



Eat Healthy, Be Active is a nutrition and physical activity program for adults. It promotes living healthy to reduce the risk of obesity and chronic disease. Participants learn the skills needed to make healthy eating and regular physical activity a part of their lifestyle.

Each class is about one hour. There are six classes in the series. Participants receive stretch bands for physical activity and a certificate of completion.

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### **MSU Extension programming has something to offer every member of your family**

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

**To find your local county office visit [msue.msu.edu/county](http://msue.msu.edu/county).**

**For more information or to join a class, contact your local MSU Extension county office or visit [www.msue.msu.edu](http://www.msue.msu.edu)**

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