



# Family Meal Boot Camp

## DATE & TIME:

Tuesdays

9/25/2018 to 10/16/18

5:30pm-7pm

Four weekly sessions

## LOCATION:

WESTERN WAYNE

FAMILY HEALTH

CENTERS-Inkster

2700 Hamlin Blvd.

Inkster, MI

**COST: FREE**

Contact: Ms. Rutledge

313.561.5100, ext. 227



## TARGET AUDIENCE:

**FAMILIES—parents and children together!**

## PROGRAM SUMMARY:

Instructor will teach basic nutrition, eating on a budget, food safety, understanding the food label, importance of exercise. Learn how to live healthier as a family!

## SPONSORS/PARTNERS:

**Western Wayne Family Health Centers**



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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](https://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](https://www.msue.msu.edu)**

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