



FOOD, NUTRITION, AND YOUR HEALTH

JOIN US EVERY
TUESDAY ON THE
FOLLOWING DATES:
January 9, 16, 23, 30
February 6, 13
4:00 to 5:00 pm

Location:

The Lake House
23500 Pare Street
St. Clair Shores
MI 48080

TARGET AUDIENCE:

This particular series is primarily intended for adults over the age of 18 who are interested in managing a health condition or are simply interested in learning more about nutrition! All are welcome!



PROGRAM SUMMARY:

Join us for a FREE six week series of health and nutrition classes. This class is designed to help you:

- Discover tips for reaching and maintaining a healthy weight
- Learn about the effects of sugar, sodium, fats and more
- Learn to eat healthy and shop on a budget
- Manage your high blood pressure, diabetes, or other health conditions
- Prepare quick, healthy meals and snacks
- Make a recipe healthier and be creative with recipes
- Increase your physical activity and set goals
- Make healthy eating part of your lifestyle

TO ENROLL:

Registration is required. Contact Natalie at (586) 469-6104 or at brumfie8@anr.msu.edu to enroll today or to find out more information!

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.