



LOCATION:

Online via Zoom

---or ----

join us in the community
rooms at LRF and SWP.
Masks required.

**WHO SHOULD
ATTEND:**

Adults at SWP and LRF.

CONTACT:

Madison

Koenigsknecht:

koenigm@msu.edu

989-640-8611

-or-

Kristine Ranger

517-974-5697

**The first 10 people to
register will be entered
into a prize drawing!**



Join Us Online
**EAT HEALTHY,
BE ACTIVE**

Every Tuesday July 21st through August 25th
5:00-6:00pm

MICHIGAN STATE
UNIVERSITY | Extension

Join us for this **FREE** nutrition and physical activity program that promotes living healthy. You can learn to reduce the risk of obesity and chronic disease, plus gain the skills needed to make healthy eating and regular physical activity a part of your lifestyle.

Each of the six classes is about one hour. All participants **must register** to receive an educational packet. Registration is free, but space is limited.

Join us in learning how to cook with fresh fruits and vegetables from the gardens at each housing site.

Registration is open! To reserve your seat in this class, please call 989-640-8611 or register online at <https://rb.gy/texh4u>

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