



Eat Healthy, Be Active

DATES & TIMES:

TUESDAYS

6:30 P.M. -7:30 P.M. at
Jesus Lighthouse Ministry
1502 14th Street, Port Huron
August 28-October 2, 2018

WEDNESDAYS

9:00 A.M. -10:00 A.M. or
3:30 P.M.-4:30 P.M. at
Harrison Center
55 15th Street, Port Huron
August 29-October 3, 2018

Come to the time that's best for
you each week.

Classes are **F R E E**

Register at 810-989-6935 or
by emailing Carol at
cbublitz@stclaircounty.org



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. Plus, the foods we prepare and serve to our families can help limit the absorption of lead.

Each class is about one hour.

There are six classes in the series.

Participants receive a certificate of completion and a cook book.



Photo credit (left) ©istock.com/Maridav (top) ©istockphoto.com/monkeybusinessimages

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. 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.

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.

For more information or to join a class, contact us at:

Michigan State University Extension St. Clair County
200 Grand River Avenue, Suite 102
Port Huron MI 48060
810-989-6935

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.

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP