

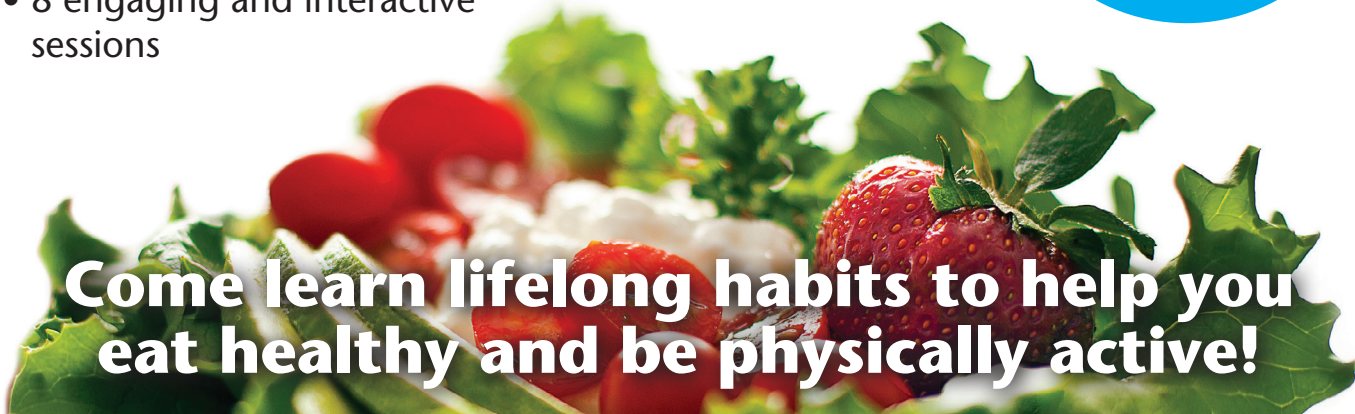
Nutrition Program for Adults

Take Control

Program Benefits

- Sample healthy foods
- Recipes, water bottle, and spice jar for you to keep
- Information to help you control sodium, fat, and added sugar
- 8 engaging and interactive sessions

Take control
NOW to prevent
or manage
chronic
disease!



Come learn lifelong habits to help you eat healthy and be physically active!

Start Date (Days):

Time:

Location:

For more information or to sign up, contact:

