

Make a Change!

- *Have fun with us, come and learn to make healthy lifestyle choices together.
 - *FREE program- Nine Lessons – learn to eat healthier and be more active.
 - *Learn to cook together!
 - *Get moving & learn creative ways to increase your family's fruit & veggie intake.
- For more information or to sign up for classes contact us @ 517.371.1347

CLASSES START:

NOVEMBER 12, 2019 from 1:30pm to 3:00pm

AND

NOVEMBER 14, 2019 from 9:00am to 10:30am



This institution is an equal opportunity provider.