

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**



This institution is an equal opportunity provider.