

Eat Smart, Live Strong

Are you 55 or older and looking for ways to improve your overall health?

Join Central State University
Extension for "Eat Smart, Live
Strong," a <u>free</u> program aimed to help
people incorporate more fruits and
vegetables and physical activity into
daily life. Join in this interactive
session to learn home exercises, new
recipes, and budgeting tips to make
healthy behavior changes.

Date: November 30 2022

Time: 10:30 am-11:30 am

Location: Perry County Library,

Somerset Branch

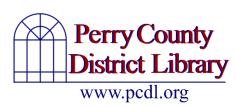
17 W Main St, Somerset, OH 43783

Cost: FREE

Contact: Leslie (740)-541-2714 or Shelby sclark@centralstate.edu



Extension





United States Department of Agriculture National Institute of Food and Agriculture