



Eat Smart, Live Strong

Free virtual nutrition and healthy living program for older adults

In the class, you will learn,

- Which foods adults need more of to stay healthy.
- Tips for healthy shopping and meal planning.
- Easy exercises you can do at home to improve strength and balance.
- How to make quick and healthy recipes for 1-2 people.

Classes start Friday, April 30

- Classes meet online once a week for four weeks
- Fridays at 10 a.m. (April 30, May 7, May 14, May 21)
- Classes are 45 minutes - 1 hour long

Class is **held online via ZOOM**. Registration is required. If you enroll, you agree to attend all four classes. Once you register, we will email you a link.

Register today! Email Nicole Hudson at nhudson665@yahoo.com.



Not sure how to use Zoom? We can help!

Zoom for Beginners Class

Thursday, April 29 at 10 a.m. **OR** 1 p.m.- 2p.m.

To register, email Nicole Hudson at nhudson665@yahoo.com

This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider.



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