



FREE CLASS

EATING SMART • BEING ACTIVE®

This interactive, hands-on class consists of eight individual lessons designed to teach participants how to make healthy lifestyle choices and be more physically active.

Participants will:

- Learn how to cook healthy meals
- Gain tips for saving money
- Sample new foods and receive recipes
- Learn how to keep food safe
- Receive weekly giveaways and a graduation certificate

UPCOMING CLASS

Date: _____

Time: _____

Location: _____

Call today to join a class!

Name: _____

Phone: _____

This work is supported by the WVU Extension Service Family Nutrition program and a grant from the USDA National Institute of Food and Agriculture.

Reasonable accommodations will be made to provide this content in alternate formats upon request. Contact the WVU Extension Service Office of Communications at 304-293-4222.

WVU is an EEO/Affirmative Action Employer – Minority/Female/Disability/Veteran FH17-291

In partnership with:



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Department of
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