



Eat Smart, Live Strong

DATES & TIME:

Thursdays & Fridays
September 9th—24th
9:30-10:30am

LOCATION:

Crouch Senior Center
1715 Lansing Ave.
Jackson, MI 49202

TO REGISTER:

Call Laurie Mead
517-768-8691
Or e-mail

LMead@mijackson.org



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Photo by USDA

Eat Smart, Live Strong is a program aimed to help participants increase fruit and vegetable consumption and physical activity. Join us for 6 interactive sessions for adults age 55+.

Participants will gain the skills needed to make healthy behavior changes by brainstorming challenges and solutions together.

Session activities provide:

- Games and activities that engage participants in learning
- Opportunities to socialize
- Simple light exercises to demonstrate physical activity you can do at home
- Food tastings and recipes!

**** COVID-19 UPDATE (8/4/21): All participants, regardless of vaccination status, are required to wear a mask while indoors. Please do not attend any programs or events if you feel ill. ****

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