



## “Eating Smart, Being Active”

Topics focus on food, nutrition, physical activity and how small changes can make big differences for your family

Tuesdays from 10am to 11am

May 5 thru June 23

June 30 thru Aug. 18

Aug 25 thru October 13

October 20 thru December 8

Series on the above dates will be held at the OSU Extension office. 202 Davis Ave.

Free classes held throughout the county! Call 376-7431 to find one in your area and register. Call early, seats are limited.

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Expanded Food and  
Nutrition Education  
Program

