

EATING SMART BEING ACTIVE

Free evidence-based series to
jumpstart your health and wellness
journey. Register today!



Pruitt Campus Library | Tuesdays & Thursdays 12:30pm

Sept. 2	Welcome to Eating Smart • Being Active
Sept. 7	Get Moving!
Sept. 9	Plan, Shop, Save
Sept. 14	Fruits & Veggies: Half Your Plate
Sept. 16	Make Half Your Grains Whole
Sept. 21	Go Lean With Protein
Sept. 23	Build Strong Bones
Sept. 28	Make a Change
Sept. 30	Celebrate! Eat Smart and Be Active

PROGRAM DETAILS

- FREE EATING SMART BEING ACTIVE APP TO TRACK PROGRESS & RECIPES
- PRIVATE FACEBOOK GROUP & DISCORD CHANNEL
- FREE GIFTS EACH WEEK
- ATTENDANCE AT 7 OF 9 SESSIONS EARNS A CHANCE AT A GIFT CARD GIVEAWAY
- EACH SESSION LASTS 1 HOUR