

EATING SMART BEING ACTIVE

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



Miley Library @ Massey Campus | Tues. & Thurs. 6pm

Oct. 21	Welcome to Eating Smart • Being Active
Oct. 26	Get Moving!
Oct. 28	Plan, Shop, Save
Nov. 2	Fruits & Veggies: Half Your Plate
Nov. 4	Make Half Your Grains Whole
Nov. 9	Go Lean With Protein
Nov. 11	Build Strong Bones
Nov. 16	Make a Change
Nov. 18	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