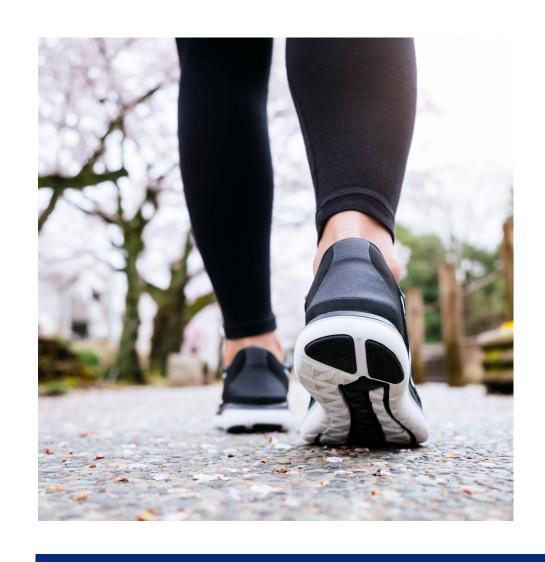
FLORIDA DEPARTMENT OF HEALTH IRSC LIBRARIES HEALTH AND SELF CLUB

EATING SMART BEING ACTIVE

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



Nov. 18





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

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