



Eat Smart, Live Strong

Are you 55 or older and looking for ways to improve your overall health?

Join Central State University Extension for “Eat Smart, Live Strong,” a free program aimed to help people incorporate more fruits and vegetables and physical activity into daily life. Join in this interactive session to learn home exercises, new recipes, and budgeting tips to make healthy behavior changes.

Date: November 30 2022

Time: 10:30 am-11:30 am

Location: Perry County Library,
Somerset Branch

17 W Main St, Somerset, OH 43783

Cost: FREE

Contact: Leslie (740)-541-2714 or
Shelby sclark@centralstate.edu



Extension



www.pcdl.org



United States Department of Agriculture
National Institute of Food and Agriculture

Central State University Extension | 5454 State Route 37 | New Lexington, OH 43764 | CentralState.edu/

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