



# *Family Nutrition Program Series: Healthy Families in 2007*

Looking for tips to keep you and your family healthy and active? Need help setting goals to make small changes in your lifestyle? Want to learn more about MyPyramid? Why are good nutrition and physical activity so important?

Join us for a **FREE** series of nutrition classes that can help you figure it all out! Choose **one** of the following series of classes:

- **March 5, 12, 19, 26 from 1-2:30 p.m.**
- **May 3, 10, 17, 24 from 10-11:30 a.m.**

Classes will be held at the MSU Extension Office, 99 West Soper Rd., Suite B in Bad Axe. Please call 269-9949 to register.

**Prizes are offered and a grand prize drawing will be held at the end of class for a grocery gift card.**

Classes count toward your WIC Nutrition Education requirement and as Michigan Works! Credits.

*This material was funded by USDA's Food Stamp Program. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Center for Civil Justice, 1-800-481-4989. or the Huron County Department of Human Services, 1-989-269-9201.*