

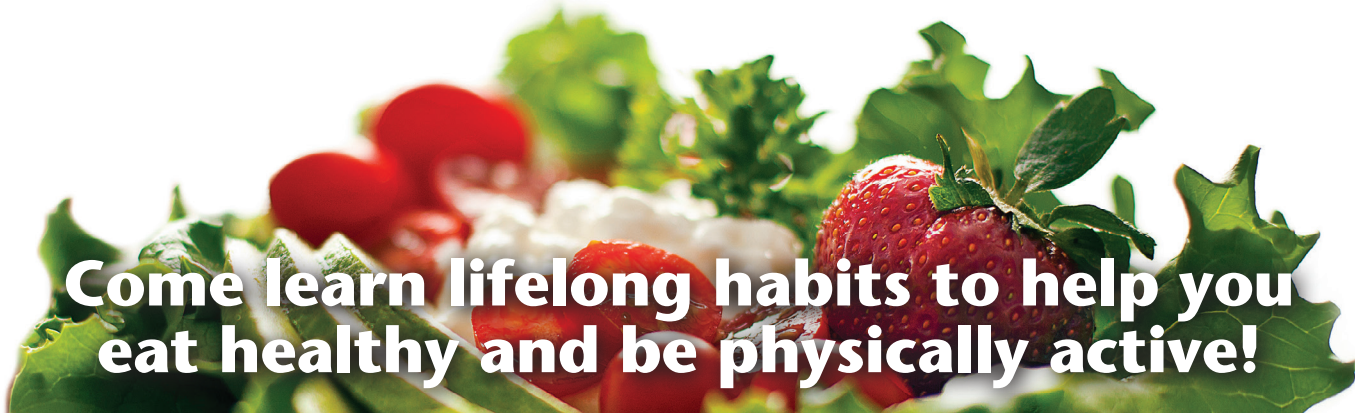
Nutrition Program for Adults

Take Control

Take control
NOW to prevent
or manage
chronic
disease!

Program Benefits

- Recipes, water bottle, and spice jar for you to keep
- Information to help you control sodium, fat, and added sugar
- 8 engaging and interactive sessions available virtually
- Complete the sessions at your convenience online
- Optional weekly web-based office hours with your county agent to ask questions, brainstorm solutions and get feedback



**Come learn lifelong habits to help you
eat healthy and be physically active!**

Start Date (Days):

Location:

For more information or to sign up, contact:

