Eat Smart Move More **Take Control**

Nutrition Program for Adults

Program Benefits

- Sample healthy foods
- A cookbook, water bottle, and spice jar for you to keep
- Information to help you control sodium, fat, and added sugar
- 6 engaging and interactive sessions

Take control NOW to prevent or manage chronic disease!

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

Start Date (Days):

Time:

Location:

For more information or to sign up, contact:

NC STATE EXTENSION

Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

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