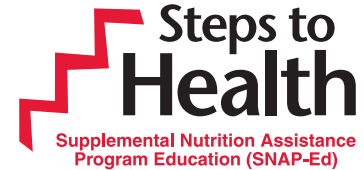




Make the **HEALTHY** Choice the **EASY** Choice



Steps to Health, North Carolina State University's SNAP-Ed program educates and inspires North Carolinians to eat smart and move more through targeted programs for youth and adults. Our goal is to help participants make healthy choices within a limited budget and choose physically active lifestyles.

Steps to Health educators are your neighbors, serve in your community, and are employed by North Carolina Cooperative Extension.

Connect with us: ncstepstohealth.org   

Connect with your County Extension Center: CountyName.ces.ncsu.edu

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