



**Take Control**

# Nutrition Program for Adults

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:

