MICHIGAN STATE UNIVERSITY | Extension

At Western Wayne Family Health Centers-Inkster : 2700 Hamlin Dr, Inkster, MI 48141

July 11th, 18th, 25th, Aug 1st, 8th and 15th

From 5:00 – 6:30 PM

Contact:
Jacquelynne Powell

Email:
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Phone: (734) 727-7242

All of our valuable lessons are offered to you at **NO COST!**

Cooking Classes

MICHIGAN'S HEALTH MATTERS

Want to learn about healthy eating and cooking?
How about some smart grocery shopping tips?
How much food should you serve yourself and your loved ones?
What food safety cautions you should take in your home?

Come join a healthy eating movement with Michigan State University Extension **NOW!**

NO COST!

Lessons are taught by our **professionally trained experienced instructors.**

By attending the class, you will :
- Learn to eat healthy on a budget
- Increase their physical activity
- Discover tips for reaching and maintaining a healthy weight
- Prepare quick, healthy meals and snacks
- Enjoy healthy food that tastes great
- Make healthy eating a part of their total lifestyles

WESTERN WAYNE • FAMILY HEALTH CENTERS •

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office. MSU is an affirmative-action, equal-opportunity employer. Michigan State University Exten-sion programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.