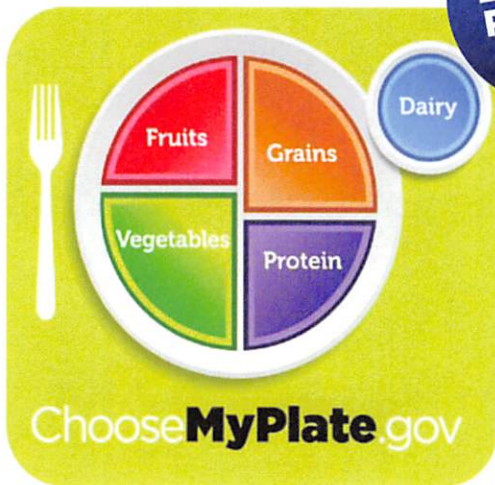
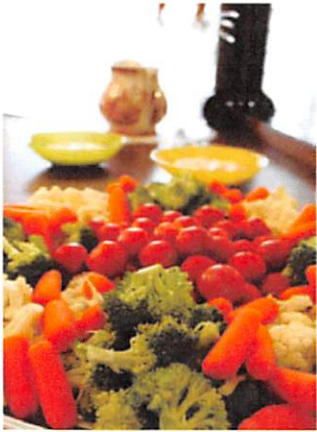


Eat Smart, Live Strong

Eat Smart, Live Strong is designed to help income-eligible older adults adopt two key behaviors: Increase their fruit and vegetable consumption and the amount of physical activity they engage in. The goal of **Eat Smart, Live Strong** is to have older adults:

- Eat at least 3.5 cups of fruit and vegetable per day (1.5 cups of fruit and 2 cups of vegetables).
- Participate in at least 30 minutes of physical activity most days of the week.



When:

FREE Classes and FREE Gifts!

Where:

www.msue.msu.edu