

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:



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Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

USDA is an equal opportunity provider and employer.

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, call the DHHS Customer Support Center 1-800-662-7030.

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