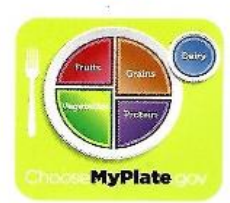
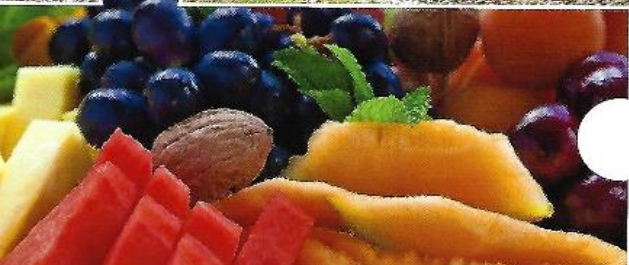




Eat Healthy • Be Active Community Workshops



PRESENTED BY:

**TUSKEGEE UNIVERSITY COOPERATIVE EXTENSION (TUCE)
FAMILY & CONSUMER SCIENCE**

**ADULTS 18 yrs. and older WELCOMED!
Food Demonstrations and FREE samples!!**

**Social distancing strictly ENFORCED
Sanitizers and Mask available!**

*Join Us on Thursdays
for a
NEW and EXCITING
COMMUNITY WORKSHOP!*

**Workshops are 1 hour, beginning
April 1, 2021 @ 10:00a.m.**

04/01/2021 & 04/08/2021:

- Enjoy Healthy Food Choices that Taste Great
- Quick, Healthy Meals & Snacks

04/22/2021 & 04/29/2021:

- Eating Healthy on a Budget
- Tips for Losing Weight

05/06/2021 & 05/13/2021:

- Making Healthy Eating Part of Your Lifestyle
- Physical Activity Is Key to Living Well

REGISTRATION IS FREE!

**Space is Limited, so register
EARLY!**

To register for these workshops,
please contact your local
County Extension Agent:
Catrina A. Hoffman, MS
207 N Main Street
Tuskegee, AL 36083
(334) 727-1320 - office
(334)-546-4071 mobile
choffman1@tuskegee.edu

Issued in furtherance of the Cooperative Extension Act of September 1977, in cooperation with the U.S. Department of Agriculture, Tuskegee University Cooperative Extension Program offers educational programs and materials without regard to race, color, origin, religion, sex, veteran status or disability. It is an Equal Opportunity Employer.

Your text here