Did you know that a **healthy diet** and **physical activity** can reduce your risk of getting certain chronic diseases?

- Healthy Eating: general nutrition, calories and energy, portion sizes, label reading, recipes, shopping smart
- Physical Activity: fun exercises to keep you active 30 minutes a day
- Items to help you stay healthy at home!
- Refreshments provided at each class

**Sweden/Clarkson Recreation Center**
4927 Lake Road S, Brockport, NY 14420
Every Wednesday from 9 - 10:30 a.m.
January 16 - March 6, 2019

**Register Today - it’s free!!**
Contact Sarah Merritt
Phone: (585) 224-3510
Email: sarah_merritt@urmc.rochester.edu

**PROMOTE HEALTH. PREVENT CANCER. FOR FREE.**

Brought to you in partnership with Wilmot Cancer Institute.