

Center for Community Health & Prevention

## Healthy Living Brockport

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.

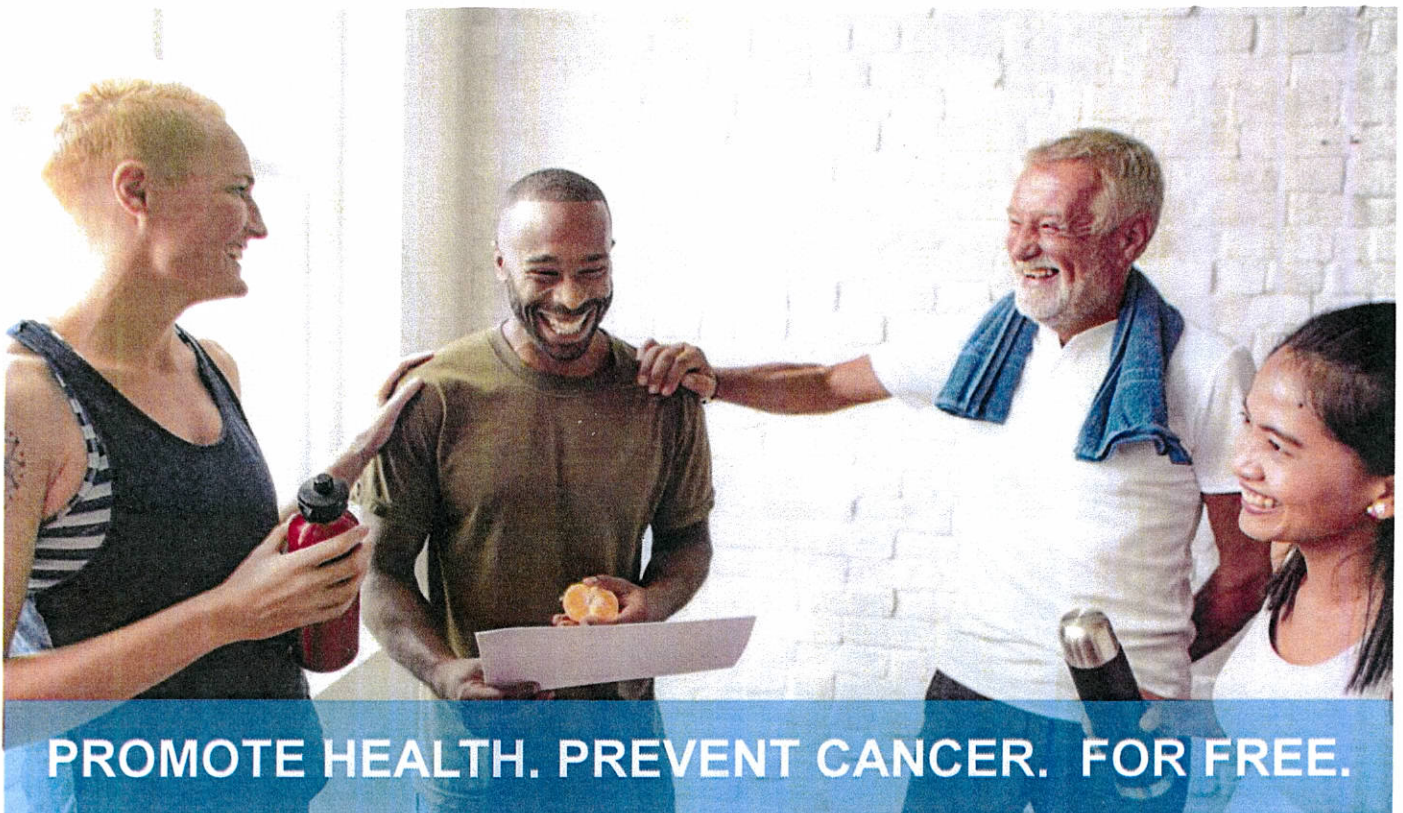
January 16 - March 6, 2019

**Register Today - it's free!!**

Contact Sarah Merritt

Phone: (585) 224-3510

Email: [sarah\\_merritt@urmc.rochester.edu](mailto:sarah_merritt@urmc.rochester.edu)



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

Brought to you in partnership with Wilmot Cancer Institute.