



PRESCRIPTION FOR HEALTH

COST: FREE

Must be a resident of Crawford, Kalkaska, Manistee, Mecosta, Missaukee or Wexford Counties and be 18 years of age.

CONTACT:

Terra Bogart
231-922-4630 or
bogarte@msu.edu

*Vouchers redeemable at any Michigan Family Fare location



Attend a Virtual/Online Session and Earn Up To \$100 in Fruits and Vegetables!*

You must complete the survey at the end

Cooking for One

Whether you're living on your own for the first time, a single college student, a hard-working adult, or a senior on your own, cooking for one can be fun! Class will include a cooking demonstration.

Wednesdays, March 9 to April 13, 2022 7:00-8:00 PM

Eat Healthy, Be Active

Learn the skills needed to make healthy eating and regular physical activity a part of your lifestyle.

Wednesdays, March 23 to April 27, 2022 9:00-10:00 AM

Or

Thursdays, April 28 to May 26, 2022 3:00-4:00PM

My Way to Wellness (self-paced, online)

A new online nutrition program reviews how to make healthy food choices that work for you, physical activity, goal setting, food safety, reading a food label, and more!

April 4 to May 16, 2022

Register here:

<https://events.anr.msu.edu/pfhspring2022/>

