

ACTIVE ADULT PROGRAM

# Eat Smart, Move More!



Are you having a difficult time getting your family to eat healthier and be active? Do you think the cost of eating healthier is out of your budget? This free, six-week program offered by The Expanded Food and Nutrition Education Program (EFNEP) is here to help.

During the program, participants will learn how to make easy, healthy recipes, save money while grocery shopping, read labels on food packages, and much more. They will also receive kitchen utensils and a cookbook at the end of the program.

March 14 - April 18, 2024, Thursdays, 12-1 p.m.

March 19 - April 23, 2024, Tuesdays at 6-7 p.m.

Cost: Free

Register online at [reclink.raleighnc.gov](https://reclink.raleighnc.gov) and search "Activities", using keyword 'health', or at any Active Adult Center

Walnut Terrace Center  
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Raleigh, NC 27601  
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[raleighnc.gov/parks](https://raleighnc.gov/parks)



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