

EATING SMART & MOVING MORE



FREE

Laurel Library

Six sessions starting Thursday, May 4, 2023 at 2:00 pm
Other sessions meet on May 11, May 18, May 25, June 1, June 8

Three Ways to REGISTER:

- 1) Call the library, (302) 875-3184;
- 2) In person at the circulation desk;
- 3) Online, www.laurel.lib.de.us. Click on Adult Services Programs and Events then click Eating Smart, Moving More.

Can you eat healthier and be more active even when you're on a tight budget? YES! Join our FREE six-session course. Receive a certificate and calendar or cookbook with recipes.

You will learn about:

- healthy eating and cooking for less,
- saving money at the grocery store,
- keeping food safe,
- being active,
- preparing tasty foods,
- planning meals!



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