

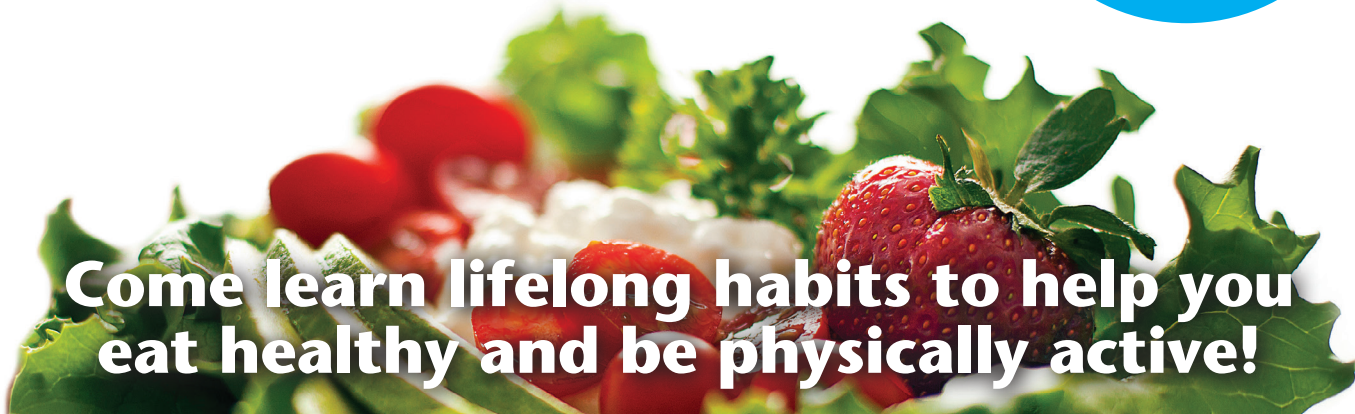
# Nutrition Program for Adults

**Take Control**

## Program Benefits

- Recipes, water bottle, and spice jar for you to keep
- Information to help you control sodium, fat, and added sugar
- 8 engaging and interactive sessions

Take control  
NOW to prevent  
or manage  
chronic  
disease!



**Come learn lifelong habits to help you eat healthy and be physically active!**

**When:** Thursdays, June 23 - August 11, 2022

**Time:** 2:00pm - 3:00pm

**Location:** Person County Senior Center  
87 Semora Rd. Roxboro, NC 27573

**To Register, contact:**

Alexandra Robinson at 336-599-7484

