



EAT HEALTHY, SHOP SMART

Food & Nutrition Program

Budgeting | Healthy Cooking Tips |
Coupons | MedStar Health Fitness Tips



Classes Are Every Tuesday at 9am
ALL Community Action Partnership Centers

Northern-5225 York Rd. | Southern - 606 Cherry Hill Rd. |
Southeast-3411 Bank St. | Eastern-1400 E. Federal St. |
Northwest – 3939 Reisterstown Rd.

For more information or to apply for the workshop, please call 410-545-1511

