



# EAT HEALTHY, SHOP SMART

## Food & Nutrition Program

Budgeting | Healthy Cooking Tips & Demonstrations |  
 Couponing | MedStar Health Fitness Tips | Small Food Supplement Box



**Classes Are Every Tuesday at All  
 Community Action Centers**

Tuesday, Sept.8 - October 13 | 5:30 - 7:30pm

**REGISTER** @ 410-545-6958 or a Community Action Center

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