



HEALTHY LIVING SERIES: **QUICK, EASY & HEALTHY MEAL PLANNING ON A BUDGET**

Sunday, Feb. 10 • 2–3 p.m.

Learn the basics of healthy eating, including variety, balance and physical activity. You'll also have a chance to win a free cookbook! Presented by Joyce McGarry, Extension Educator for Michigan State University Extension.

Choosing Health![®]
Facilitated by the  Capital Area Health Alliance



Capital Area District

LIBRARIES

Your branch, our family tree.

DOWNTOWN LANSING

401 S. Capitol Avenue
517-367-6363 | cadl.org

