FOR IMMEDIATE RELEASE

Eat Healthy • Be Active Community Workshops

Come join Virginia Cooperative Extension – Petersburg Office for these fun, interactive, workshops that promote Eating Healthy and Being Active! These community workshops are based on the Dietary Guidelines for Americans 2010 and 2008 Physical Activity Guidelines for Americans

Learn how to:
- Enjoy Healthy Food That Taste Great
- Quick, Healthy Meals and Snacks
- Eating Healthy on a Budget
- Top Tips for Losing Weight and Keeping it Off
- Making Healthy Eating Part of Your Total Lifestyle
- Physical Activity is Key to Living Well

If you are interested in Eating Smart and Living Strong, join us for these sessions on September 3, 7, 10, 14, 17 and 19 from 11:00 A.M.-12:00 P.M. Anyone interested in learning more about improving health and wellness should attend. This program is sponsored in partnership with Virginia Cooperative Extension – Petersburg Office. There is no cost to participate in this program.

Information provided by the Department of Health and Human Services and the Office of Disease Prevention and Health Promotion.

Classes are held at Virginia Cooperative Extension, Petersburg Office, 400 Farmer Street, Conference Room 209. Petersburg Office is located in the Petersburg Department of Social Services Building, 400 Farmer Street, Petersburg, Virginia. Contact Katrina Kirby, kirby2@vt.edu or call (804) 733-1880. Registration is required. Call “Now” to Reserve your space.

If you are a person with a disability and desire any assistive devices, services or accommodations to participate in any of these activities, please call the office at (804/733-1880*TDD) during the business hours of 8:00 a.m. – 4:30 p.m. to discuss accommodations 5 days prior to the event. *TDD number 800/828-1120*