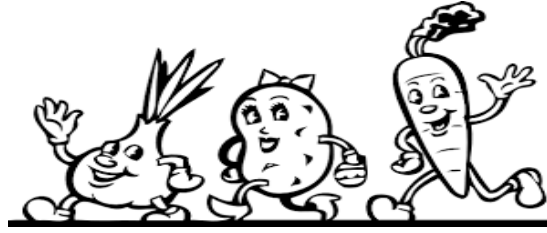


Do something good for yourself!



What? A *free* 4 week fun, social and interactive class sponsored by MSU Extension, designed to improve health through healthy eating and physical activity.

Who? Anyone aged 55+

When? 4 Weeks: February 21st, 28th, March 7th, 14th

10:30 - Noon

Where? St. Alphonsus Parish Cafeteria
224 Carrier NE, Grand Rapids



Reserve Your Seat Now!

Class is limited to 20 participants.

Must RSVP by Wednesday February 14th.

RSVP: vscholten18@gmail.com or call 913-4419

Eat Smart and Live StronG!!!