

Free On-line Class Starts January 22nd



# Eating Smart-Being Active

Learn how to eat healthier.

Come join us in this 8-week journey to better health. We will discuss ways to save money while shopping and how to plan and prepare meals. We will also learn about simple ways to stay active. Connect and receive support from others who are working towards better health!

**Date: Fridays, January 22 to March 12, 2021**

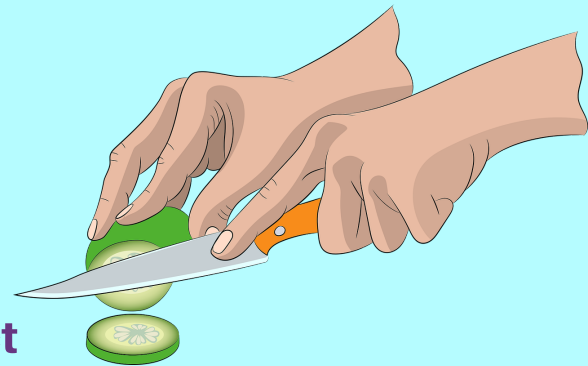
**Time: 10:00 AM to 11:30 AM**

**Place: Meetings are on**

**<https://zoom.us/j/93033110604>**



- **Cooking Demos**
- **Recipe Ideas**
- **Resources and Support**



**For more information contact**

**Tamalyn Taylor**

**NyE Communities Coalition**

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**775-727-9970 ext 241**

**Facilitator: Tamalyn Taylor, MS**

**Tamalyn has taught lifestyle change in many settings and is enthusiastic in sharing her experiences working as a Nutrition Educator and Mind/Body fitness instructor. She works to help people reconnect with their inner resources to bring more meaning and joy to their lives.**



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.  
NyECC is an equal opportunity provider and employer

