



Fit 2B Me

Mondays 4pm-5pm
Join us for discussions on health & nutrition with MSU Extension
Enjoy a healthy & tasty snack & learn how to make it

To sign up contact:
Mary Donaldson
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The Corner Fit 2B Me Presentations with MSU Extension 2013

Jan 7	New Year—New You	Start with healthy food & fun activities
Jan 21	Weight Loss Myths vrs Weight Loss Truths	Real bodies need real nutrition. How can yo fit nutrition & exercise into a healthy body image for you?
Jan 28	How Fat Is Fat Food	Learn how to find the nutritional values of fast food & make healthier choices
Feb 4	Omnivore vrs Vegetarian	What does MyPlate need to look like with or without meat?
Feb 18	Eating For Two—Moms To Be	Choose healthy food for you and your baby during pregnancy
Feb 28	Breakfast & Snacks	What's fast & healthy for MyPlate on the go?
Mar 4	Cops In The Kitchen	How to keep you and your family & friends safe
Mar 11	Vegetarian Athletes	Muscle is made of protein. How do I get enough on MyPlate?
Mar 25	10 Tips To A Great Plate	Ideas for making MyPlate healthy & nutritious

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